

X
The regi-

ment of life, where-
unto is added a treatise
of the pestilence, with
the Booke of chil-

dren, newly cor- Sep. 2. 55. 63
rected and

enlar-
26. ged

by Thomas
Phaire.

102

Nicholas Robinson

261. 22. 8. 1952

261

261

261; 95

20 The preface to the
booke of chyldren.



Although (as I
doubt not) euery good
mā wyl enterprete this
woorde to none other
ende, but to be for the
comfozt of them that
are diseased, and wyl esteeme no lesse
of me by whom they profyte, than they
will be glad to receyue the benefites.
Forasmuche as it is impossible to
stoppe the teethe of malicious enuy,
I thought it not vnnecessary to pre-
sent the furies of some, whiche are
ever gnawing & byrnyng vpon them
that further any godly sciences. To
those I protest, that in all my studies
I neuer intended nor yet doo entende
to satisfie the myndes of any suche
pursauantes (whiche wyl doo nothing
I.ii. but

A ppeface to

but detract and iudge other, shuffling
at al that offendeth the noses of their
monishe affections, howe soeuer lau-
dable it be otherwaies:) But my pur-
pose is here to doo them good that
haue moste neede, that is to saie, chil-
dren: and to shewe the remedies that
god hath created for the vse of man,
to distribute in englyshe to them that
are vblearned, parte of the treasure
that is in other languages, to pro-
uoke the that are of better parnyng,
to vtter their knowlege in such like
attemptes: fynally to declare that to
the vse of many, whyche oughte not
to be secrete for lucre of a fewe: and
to communicate the fruite of my la-
bours, to them that wyl gentilly and
thankefully receyue them, whyche
may be so proude or supercilious, that
they immediatly wyl despise, I shall
frendly desyre them, with the wordes
of Horace: *Quod si meliora noui-*

si

to the Reader.

Candidus imparti, si non, his
ere mecum, If they know better,
us haue parte: yf they doo not,
repine thei at me? why condemne
the thenge that they can not as
nde? or yf they can, why dissimule
their couning? how long wold
haue the people ignorant? why
the they phisike to come forth in
ngly the? woulde they haue no man
know but onely they? Or what
ke they them selues? Marchantes
our lyues and deathes, that wee
alde bye our health onely of them,
at theyr prices, no good phisici-
is of that mynde. For yf Galene
prince of this arte beynge a Greke
wrote in the Greke, kyng Auicene
Arabic in the sprache of the Ara-
ians: If Plinius, Celsus, Seres-
us, and other of the Latines wrote
to the people in the Latine tongne:
Marcellus Ficinus (whome all men

A p̄face to

assent to be singularly learned) dyd
darned not to write in the langage of
Italy: generally if the entent of all
y ever set forth any noble study, haue
been to be read, of as many as wold.
What reason is it, that we shuld hus
ther muther here among a fewe, the
thyng that was made to be common
vnto all? Chyiste sayth: No manne
lyghteth a candell to couer it with a
busshell, but setteth it to serue every
mans nede: And these go about, not
onely to couer it when it is lyghted,
but to quenche it afore it be kyndled
(yf they myght by malice) which as
it is a detestable thyng in any godly
science: so me thynkeith in this so ne
cessary an arte, it is exceedyng damna
ble and dyuelyshe, to debarre the frui
tion of so inestimable benefites, whic
he our heauenly father hath prepa
red for our comforte and innumera
ble blesg, wherewith he hath armed
our

to the Reader.

our impotent nature against the assaults of so many sicknesses: where by his infinite mercy and abundant goodnesse is in nothing els more apparently confessed, by the whiche benefites, as it were with moste sensible argumentes, spoken out of heaven, he constraineth vs to thinke upon our own weaknes, and to knowe, that in all fleshe is nothing but misery, sickness, sorowes, synne, affliction, and death, no not so muche strength as by oure owne power, to relieue one membre of oure bodies diseased. As for the knoweledge of medicines, comfort of herbes, maine seruance of healthe, prosperitie and life, they be his benefites, and promise of hym, to the ende that we shuld in common helpe one an other, and to lye together in his lawes and commandementes: in the which doctryne wee shall declare our selues to

I.iii.

haue

The Regiment

haue worthily employed them, and as
fruitfull seruantes, be liberally re-
warded. Otherwyle, vndoubtedly the
talent whiche we haue hidden, shalbe
dugged vp, and distributed to them
that shall be moze diligent: a terrible
confusion afore so hye a iustice, and
at suche a courte, where no wager of
lawe shall be taken, no proctour limi-
ted to defende the cause, none excep-
tion allowed to reprove the wytnes,
no counsell admitted to qualifie the
gloses, the very bare texte shall bee
there alledge. Cur non posuisti
talentum in fenus? Why hast thou
not bestowed my talent to the ban-
tage. These and suche other exam-
ples, haue enforced me beyng often-
tymes exercised in the study of phy-
syke, to deriue out of the purest foun-
taynes of thesame facultie, such holy
some remedies, as are most approp-
riate.

of Lyfe.

to the consolation of them that
are afflicted, as farre as God hath
given me vnderstanding to perceiue
the byng therein, not only the famous
and excellent authours of antiquitie,
but also the men of hyghe learninge
of our dayes, as Manardus,
Ruchsius, Rusellius, Musa, Cam-
erarius, Sebastian of Austrike, Otho
Kunfelsius, Leonellus. &c. with di-
uers other for myne oportunitie, not
forgetting also the good and sure ex-
perimentes that are founde profita-
ble by the dayly practyse. And where
as in the regiment of lyfe, whiche I
translated out of the frenche tonge,
it hath appered to some, more curi-
ous than needeth, by reason of the
strange ingredience, wherof it often
createth: Ye shall know that I haue
in many places amplified thesame,
with suche common thynges as may
be easly gotten, to satisfie the myn-
des,

A.v.

des,

A p̄face to the reader.

Des of them that were offended: or
els considering that there is no mos
ney so p̄cious as helth, I wold thinke
no spice to bere, for maintenāce ther
of. Notwithstanding I hope to see
the tyme, when the nature of Sim
ples (whiche haue been h̄therto in
credibly corrupted) shall be readde
in Englyshe, as in other languages:
that is to say, the perfect declaration
of the qualities of herbes, sedes, roo
tes, trees, and of all commodities
that are here amongst vs, shall bee
earnestly and truely declared, in our
owne native speche, by the grace of
god. To the whyche I truste all ier
ned men (hauryng a zeale to the com
mon wealthe) wyl apply their diligent
industries: surely for my part, I shall
neuer cease, duryng my breath, to be
stowe my labour to the furtheraunce
of it (till it come to passe) euen to the
vtermost of my simple power. Thus
fare ye well gentyll readers.

ow leaf

of Life.

The complexion of the Pneumatike.

Humour enclyneth a man to bee
Well fourmed. A sleeper,
Full of vnderstandynge.
Full of spattle. Full of colour.

The complexions of the Sanguine.

Loud causeth one to be
Full of fleche, Liberall.
Amiable. Curteys. Merry.
Contente. Folde. Lecherous.
Redde colour.

The complexions of the Cholerike.

Choler causeth a man to be
Hasty. Enuyous. Couetous.
Subtyll. Cruell. A watcher.
Reddigall. Leane, & of yelow colour.

The complexions of the Melancholike.

Melancholike.

The regiment

Melancoly maketh one
Solitary. Softe spirited
Fearefull. Heauy.
Curious, Enuious. Couetous.
Blacke of colour.

These be the foure humours where
of the bodyes are compounded, and
euery one of them hath a speciall do-
minion in respect of all the other, ac-
cording to the age, that is to say, fr-
om a mans natiuitie, tyl he come to .xxv.
yeres, the bloud hath moste power,
and from that tyme to the yere of his
age .xxv. reygneeth the Choler, for
then cometh heate into the vayne,
and the choler beynneth to arise and
be stronge. Then cometh middle age,
and bynneth forth melancoly, an hu-
mour colde and dry, and hath his in-
durance tyl fifty yeres, or therabout,
at whiche tyme all the humours be-
gynne to dimynyshe, and the naturall
heate

of Life.

by lttell and lytle dooth abate.
Thenne succeedeth olde age vnto
death, in the which age phlegme hath
the principall power and dominion.
Therefore it shall be necessary for all
of that age, to comforte theyr
bodies with some naturall heate and
of good nouryshyng, as yola
of egges potched, good and yong
wheate breade, and good wine,
and alliche thynges as ingendre
a good bloude and spirites, wher-
by we entend (by the suffrance
of God) to declare moze
abundantly hereafter.

Thenne followeth the description of
inward and outwarde diseases, with
the most holsome and experte re-
medies for the cure therof, ap-
propriate to euery mem-
ber by thorough ouer
the bodye.

The

The Regiment

The first Chapter, of the sickness
nelle and remedies of the hedde.

Hedde ache chaunceth oft
tymes of diuers and sondy
causes, as of blood, choler
fleume, or melancholie, or
bentositie, and sometimes of heate
the flue, or of to greate cold of thair

Ye maye knowe hed ache whē it
meth of blood, for in the face and
there appereth a darke rednesse, pr
kyng, and heuines with heate.

A Remedy.

Ye must let him blood on the bet
bein, on that side that the pain is
then late vpon the place oile of rose
Vineger and rose water, or a bagg
with roses sprinkled with rose wat
And here is to be noted, as wel in
cause as all other, that if his belly
harde and bounde, first ye must ge
him an easie Glister, or els halfe
ounce of Cassia newly draynen out

of Lyfe.

the same, or some other easie laxative
de. to prauoke the duetie of the wombe,
often applications of medecines, wil
not be any thing woorth at all.

One may know head ache that pro-
ceedeth of choler, when in the face ther
is a more rednes, enclining somewhat
haind toward yelow, holownes of the eyes,
the mouth dry and hot: And some
times bitternes, small restle, greate
paine with sharpe peyne, chiefly on the
right side of the head.

Remedy.

ye must geue hym mozne and euen
is a drinke, sirupe of violetttes, or po-
rosol made with a meane draughte
agayn of warme water in a glasse, or of cum-
water sodden and cooled agayn.
In the steede of these syrupes ye may
use water of endiue, succory, purs-
lane, and; Menuphar mingled toge-
ther, or one of them by them self, two
or three tyme a day at euening and mozning.

B.1.

myda

The regi menē

Then geue a dramme of Pillule sine quibus, at night to bedward, or about midnpght, and the day solowpnyng kepe you in your chābre. In stede of those pylls, it is good euery moznynge to take an houre afore sonne, a medicine to drinke, that shall bee made of halfe an ounce of Succo rosarum mixt with two ounces of water of cardue. In stede of the said Succo rosarū, ye may take half an ounce of Diaprunis laxatiue, & ye muste take heed in gyuyng such purgations, that the patient be strōg, for if he be weake, ye maye gyue hym but the halfe of the sayd pylls or of the other laxatiues. And if in diminyschyng the quantite of the sayd medicines, it worketh not with the patient as it should, it is conuenient to giue hym a cōmon glistre.

An other remedy for the same peyne.

Ye must lay theron a linnen cloth
mop

of Lyfe.

Musted in rose water, plantayn wa-
ter, mozell water, and vineger, oz elles
take the iuyce of lettuce and roses,
and a lttle vineger, and warme it to
pottage, and dyppe therein a linnen
clothe, and lay it to the payne.

An other.

Ye must take the whites of .ii. egges
and rose water, and beate it well to-
gether and with towne oz flax, lay it to
the greued place. Also ye must haue
his head, and mylke theron womans
milk, that nouryssheth a wenche, oz
wash his head with warme water,
wherein haue bene sodde vyne leaues,
lily floures of water lilies & roses.
And it is necessarye to washe his fete
and legges with the sayde water, so
that the patient haue no reume: for if
there be reumatik matters, ye ought
rather to haue his hed, wash his leg-
ges, nor to lai any cold thing oz moist
on his head. Ye may know that fleum

The Regiment.

is cause of the peyn in the head, when
ye fele coldnes with greate heuynesse:
specially in the hynder parts: when
one spytereth often, and hathe his face
lyke sunne bzent.

Bemedy.

Tye must dzyrke. iiii. oz. iiii. mozyn-
ges sirupe of Sicados with water of
fenell, oz sirupe of worne wood, with a
decoction of sauge & maioram. Then
ye must purge the head from the said
fleume, with pillule cochie, and with
pylles of agarici, oz pillule auree made
with one of the sayd syrups, fyue in
a dramme, and take. iiii. oz. v. at night
to bedwardes, oz about midnyght. Or
in stede of those pylles ye may take a
potiō in the morning. v. houres afor-
meate, made of halfe an ounce of dia-
cartami dissolued in. ii. oz. iiii. ounces
of betonye. After that ye oughte to
comforthe the head, by wearynge of a
cops, made of double linnen clothe.

of Lyfe.

ben
le:
hen
face

pns
r of
h a
hen
said
with
made
e in
aghe
D
se a
fo
dia
nces
e to
of a
the
ap
ben
sowed lyke a cotten quilt, wherin
ye must put floures of camomill, ma
tulin, cloues, nutmigs, maces, gray
m of Paradyse and synamome in
pouder, for suche thynges digeste the
fleume, so that a purgation be geuen
of the sayd pilles, or of pilles assiga
s, or pilles of hierapicra, which ar
not so lacatiue, as the other are.

After the sayd purgation, ye muste
put in the nose of the pacient, pouder
of pillitory of Spayn or other, to ma
ke him to nese. Also it is good to gar
garish his mouth, with water wherein
sage hath ben sodden, and then to an
oint his head with oyle of lyties, ca
momell, or of rewe.

Where this, it is good to geue the pa
cient euery moornyng to drynke, sages
wyne with water, to consume þe fleume,
and to comfort the brayne and the sy
nerues. The said wyne is thus made.

Take a litle bagge full of good sage
herb
S iii
haufid

The Regimene .

bruised, in a quart of newe wyne, and let it stande so a nyght, then wyng it out, and vse it. Suche wyne of sage the inhabiteurs of Parise and France, vse to drynke after harueste all the wynter longe.

When peyne of the head procedeth of melancolpe, the pacient feeleth heynynes of the heade, and hath terrible dreames, with great care and thought, or feare, and his peyne is specially vpon the left syde.

Remedy.

Take sirupe of borage, hartes tong, or sumitoyr, with water of buglosse, or hartes tongue, or with the decoction of sage or tyme, for by these sirupes you shal digest and correct the said melancolike humours, and within a while the peyne will bee released. And if it teasse not for these medicines, after you haue vsed .ii. or .iii. dates one of these sirupes, or .ii. or .iii. of them together

tab

of Lyfe.

Take a dramme of pilles, halfe auree,
and halfe sine quibus: or els halfe of
bees, & halfe of pilles of fumitoyres:
of the dede of pilles, ye may take in the
morning fyue houres afore meate. iij.
drammes and an half of diascene, tem-
pered in water of bozage or hoppes, or
in the decoction of sage, lihozice, greas
radish, and cordial floures & frutes.
Whan achs cometh of wynde or ventos
flow, when the pacient thynketh that
he heareth sound or noise in his head,
and the peyne is flitteryng from one
place to an other, withoute heuynesse
or heuendyng humour.

¶ Remedy.

Lay downe his head hotte lynnen clo-
thes, & make a bagge of gromelsedes
and bay salt dyed together in a pan:
to be made with stronger thynges, yf
the require, as is bagges made of
rosemary, rewe, barberies,
and copper beries, layd to the pained
places

The Regyment

place: or with the decoction of the so-
fayde thynges, make fomentation or
embrocation vpon his head.

An other remedy.

Ye must take oyle of Camomyl, of
of Dyll or lyles, and annoynte the
head with one of the. or with. ii. or. iii.
or all together. If that helpe not, take
oile of Rue, Spike, and of Castor,
anoynt it therewith: and adde thereto
lyle pepper, and mustard seede, if
wolde haue it soze chafed or better. It
so it is good to drawe by by the nose
water of honny, the iuyce of maioram
and of fenelle, are matised with
Buttmigge and Lignum alocs.

Rasis a great practicioner among
phisitians sayth: That who soeuer
tentymes putteth into his nose the
iuyce of maioram, shal neuer be discom-
fited in the head. I thinke he meane
of the great Maioram.

If peyne of the head come of he-

of Lefe.

of the sunne, ye must apply to the place
diseased, as it is sayd in the reme-
dies of cholere.

But if the said payn procede of colds
within the ayre, then vse it as it is
sayd afore in the remedies of fleume.

There foloweth a regiment a-
gaynst all dyscasses of
the heade.

The pacient that is diseased in
the heade, whether it bee of
bloud or of choler, maye not
drinke wyne, nor eate muche fleshe,
nor meates, nor thynges that geue
great nouryshement. But muste
be contented to drinke ptisane, barley
water, or iulep of roses, and to eate
rold apples, damaske prunes, al-
mond mylk, hulled barley, and potage
made with lettuce, sorrell, purselane, in
steede of peason, or with a chycken or
beefe if the pacient be feeble.

But if the payne procedeth of a colde hu-
mour

B. b.

The Regyment

more, the pacient ought to drynke
wyne in thye of the fyrst daies, but
drynke onely penyale, oz suche small
drynke, for although the wyne be verie
comfortable, as concerneng natural
heate, yet it is contrary and hurtful
vnto the spirites animal of the braine
and also of the synewes.

And the pacient ought what payne
soever it be of the head, to forbear
vaporous meates, as garlik, onions,
leekes, pease, beanes, nattes, mylke
meates, spices, mustarde, great coles
wortes, salte meates, and meates of
digestion. Also he must absteyn from
 sleepe of the day, and after supper by
the space of two houres.

Trouaile of the mynde is very cotra-
ry, because of the comotion that hap-
neth vnto the liuely spirits, which are
instrumēt of vnderstanding, as Auicenna
that noble phisitian sayth. in the cha-
piter De soda tēporali. Nihil est adeo
cons

of Lyfe.

...ens fode temporali, sicut tran
... et dimissio totius quod com
... sicut sūt fortes cogitationes ac
... is nothing that is so cōueniēt
... egyptm, as tranquillitie and
... all thynges passe that moue
... animall, as great musyn
... labour of the spirites. And
... ought after dinner to kepe
... al thynges that trouble the
... as studyenge, readyenge, wyse
... and other lyke.

... the better vnderstādyng of
... chancyng in the head, ye
... know, that sometyme it chaunc
... of other diseased mēbres
... of the stomache, or of the mother
... of the reynes, of the lyuer, or of the
... not of any cause in the heade
... Therefore ye oughte to cure
... by helpyng of the same
... as it shall be shewed in the
... folowynge.

And

The Regyment

And ye maie knowe, that the he
ach cometh of diseases of the stom
when the pacient hath greate pain
the stomache. Of the mother, whē
woman feleth great pain in her be
Of the reines, when there is a gre
pain in the backe. Of the spleene, wh
he feleth pain & heuinesse there abo
vnder the left side. Of the liuer, wh
the pain is on the righte side, abou
the liuer, whiche is beneth the ribb
¶ Remedies appropriate to the be
of what cause soeuer the pain be.

Take an handfull of Beronie,
handful of Camomile, & an han
full of veruaine leaues piked, stam
them and seeth them in blacke w
or in ale for lacke of it, and in the la
ter ende of the seethyng, put to it a
tle comin braied, the powder of a be
tes horne, and the yolkes of twoo e
ges, and saffron a litle, stirre the
aboute, and laie a plaister horte ou

of Lyfe.

the head and temples. This is
the best remedie also for the me
It shall perce the better if ye
a little vinegar.

¶ An other.

Take a plaster of beane floure, line
it with a boyle of camomile, or in lacke
of camomile, use grece or duckes grece, and
rubbe the place with Aqua vite, and
then laye the plaister hotte vpon it.

¶ An other.

Take a shonefull of mustardsede, and
a shonefull of Baie berries, make theim
a poultice, and stampe theim with a
handfull of pearth wormes, split and
rased from their pearth, and a little
of Rases, or of Camomill, or Cas
sian grece, and laie it on the grief.

Also it is good to take the iuce of
vine leaues mixt with oile, and vines
grece, and so rubbe therewith your tem
ples, and your nosethilles.

Also the chest wormes that are found
betwene

The regiment

betwene the barkes of trees, which
will tourne themselves together
a bead when they be touched, if they
taken and sodden in oile, it make
singuler ointment for the megrim.

The.ii. Chapter, how to cure
seases chauncyng in the face.

First as touchyng a disease
called Gutta rosacea, or copper
in englishe, it is an excessive
ness aboute the nose, or other place
of the face, coming of brent humors
or of salt sicume, whiche cannot be
open, if it be rooted and olde.

Remedie for the same
if it be curable.

We must geue him a purgacion
as is said in the pain of the head, com-
myng of the cholere: then dippe lin-
clothes in Alum water, whiche
be made thus. Take a pounce of
alum glasse, the iuice of Purcel
of Plantain, and periuice of gra-

of life.

Whites, of eche a pinte and a half,
herb the whites of twentie egges, and
f the same them wel together with the said
abe... mixte all together, distill it
grind... stillatorie, and kepe the
ure... the vse against al pimples,
ce... wheales, chafnges, and
ase... that chaunce in the skinne.
per... clothes dypte as is aforesaid,
sue... laied to the rednesse, and of
pl... renued with other freshe
mo... dipped in the same.

Another remedie.

Take litarge of siluer, and Brims
stone, of eche like muche, and seeth
in rose water and vineger, and
with a linnen cloute wette in the
same vineger, laie it to the soze.

Remedie to pallisie the cops
and face that is vncurable
Take a bathe with the floures of
Romonil, violettes, Roses, and
flower

The Regiment

of water lillies, then anoint the place with vnguentum album, Canphorum, and mixt that ointmente with litle Pelowe Brimstone, and quickner killed with fasteng spittle, and anoint the place withall.

A water for the same.

A water called lac virginis, is very good, and Rose water mixte with Sulphur, oile of Tartare, and oile of wheate. Also these thinges are good for Tetters, and other ruggednesse of the skinne. The said lac virginis clarifieth the face, and drieth up mores pimples, and taketh away freckles of the visage, & is thus made. Take 4 ounces of Litarge of silver fine powdered, halfe a pinte of good white vinegar, mixt theim together, and distill the by a filtre, or through a litle bag, or by a pece of cloth. Then take of the same water, and mingle it with water of salte, made with one ounce of saltpetre.

and, and halfe a pound of rayn
 oz well water, & mingle these
 together, and it will be white
 like milke, and with this rubbe the
 face. Some adde a lytle ce-
 rease with the litarge, which is good
 for rednes of the face. **¶** foloweth a generall dyete
 for all copperous faces. **¶** shun
 from all salt things, spiz-
 ed, fried meates, and roasted mea-
 tes, from drinkyng of wine, for
 it is very euill. Also onyons, mu-
 shrooms, and garliche, are very nought.
 Of which, ye must take par-
 ticular heed. Lettuce, hoppes & bozage,
 are good to endure, in pozage, or
 in the soupe. Also it is necessary to be
 temperate, and in slepyng, to lap your
 face with the rednes of the face that is
 not copperosed. **¶** A prynt of goates mylke, the
 prynt of one white luse hote, the

C. i.

white

The Regiment

White of sixe egges, camfere two
mes, & the iuyce of sixe citrons: mixe
all these together with the said milk
then take al the thre kindes of pla
tayne, and put them in the still betwixt
the said drugges, & after it an othe
red of the same. iiii. sortes of pla
tayne, & distill them with an ease
as ye wold distil rosewater, & kepe
it in a glasse vessel. And after. xv. do
take a white linnen cloth, & dyp in
the said water, and lay it to the redne

An other for the same.

Water of lilies stilled, with
bloud of an oxe, and a litle camphor
is very good.

For chopped or scabby lippes.

Anoynt them with vnguentum
camphoratum, & if there be any
rupt bloud or matter, ye must wa
sh the place with water of plantaine
wherin hath been sodde a litle alum
afoze ye put on the sayde oymtment

For the same.

Unguentum

Of life.

Unguentum de tutia and oyle of
egges, be very good for it.
good to walsh the place w
water, & barley water togider.

For cankers, viceris, and

oth. *Soli me tange re.*

pl. as muche as *Soli me tange re*

sp. in the nose, or about

beginnyng of a littel harde

kernele or knobbe, and

in the face, declinynge towarde a

leady colour, ye may iudge

very perillous, not with

it is good to annoynt it as

foloweth, and also to ap

other remedies, as thus.

Unguentum album. two or

the iuyce of plantayne

of eche half an ounce,

the weight of half a crowne,

them together, and make an

whiche is good for the

case.

For wormes in the face,

C.ii.

Al

The Regiment

Although that worms in the
maye not bee had out, but by
great difficultie: and by long p[ro]p[er]
bycause of the colde humour, where
they come, neuertheles, forasmuch
oftentymes they happen vnto po
folkes, here shall be recited a rec
proued for the same disease, which
an opintment of a syngular opera
on: and is thus made.

Take the leaues & rootes of le
iuyce them al together, and take
of a pent & a half, & put it in a gla
with an ounce of powder of pellit
and a scruple of verdegrece, & st
them all together, and eury day ba
thesaid worms and wheales, with
ton moisted in the said iuyce, & st
it often in the glasse: this is good
so for worms in any other m[em]br
and breeding in the sicknes called
fraunce, the kynges euill.

A purgation whiche ye ought to
take before the sayd bathyng.

T

Of life.

the first take halfe a dramme of good tur
but take also and a scruple of gynger, half
of sugre, and a litle whyte
r, whereof mixt all together, & drinke it in
much, drinking twice a weke warm, and
to persweate euery thre wekes.

recomendeth an vlcered face through
wormes.

For to first mundifie the deade
of leish, with vnguentū Egyptiacū, or
the linteolū called precipitatus, and
a glass of perfect curacion, ye must dye
the linteolū, wherfore it is good to washe
the face often with alum water, and
ay be the linteolū lynt, and if there be great
with the linteolū at the time of desiccatio, ye
must dyppe the same lint in vnguentū
ad opothozū or cerascos, with a litle
of the ointment that foloweth, which
ye may safely apply from the begyn-
ning to the end of the cure, for it hath
power to cleanse and incarnate, with
gentle mundification and drying.

C.iii.

3

The Regiment
A singuler ointment for
wormes that matter.

Take oile of Lilies, oile of lime
ana, ounces .iii. oile of Roses, oile
of Birtilles, ana. ounces .ii. Litargy
gold and siluer, and red lead, ana
ounce, diagauld white with gumme
iiii. ounces, Goates tallowe, Hoggs
grece, of eche .ii. ounces & a half, black
Pitch, and colophonic, of eche
ounces, of the iuice of houndstong
ounces. Seeth altogether till the
blacke, and the iuice be cleane con
med, then straine it through a cloth
canuase, and after seeth it again till
be excedyng blacke in coloure, & then
adde to it cleare turpentine .iii. ounce
gūme oppoponax .ii. ounces & an ounce
white waxe as muche as shal suffice
make a plaister not ouer harde, & apply
the turpentine & oppoponax in, to be
take it fro the fire. This is an excell
plaister also both for woundes & blis

For the same.

Of life.

For the very good to late vpon the Im
periall called houndestong stamped
with a little honie.

Regiment of diete for
the same sicknesse.

The patiente in all diseases of the
stomacke must endure hunger as muche as
possible, & eat not muche at ones.
He must holde his hed vp right,
not on his knes, nor eibow
with his face bowed downe.
He must forbear muche laugh-
ing and greate anger.

¶ For the eyes.

After foloweth diuers medicts
for the eyes, whiche are the win-
dowes of the minde, for bothe ioie and
sorrow, and the mooue of our affeccion.
They are known openly through
the face, and they are ordeined and made
to defende all the body, wherunto nas-
tall both geuen browes and eye lids
to defende them and kepe them in
order, and the better to resist thyn-
ges

C.iiij.

ges

The Regiment

ges contrary and hurtfull vnto the

Yet notwithstanding, beside many
other chaunces, there happeneth som-
tymes a debilitie in the sight, which
must be holpen as herafter foloweth.

Take fenell, veruein, celidone, rue,
brighte, and roses, of euery one of
a like muche, and distill them as
would distill rosewater, and vse a li-
therof in your eyes, both in the morn-
nyng, and when ye go to bedde.

A water proued to clarifie
the dimnesse of the sight.

Take the iuice of fenel, of celidone,
rue, and iye bright, of eche twoo oun-
ces, honic an ounce and a halfe, aloes
tutie, and sarcocolle, of eche halfe
ounce, the gall of a capon, chicken,
Cocke twoo drammes: Puttingge
cloues, and Saffron, of eche a dramme,
sugercandie sixe drammes, put all
a limbecke of glasse, and distill it. And
of this water put in your eyes one
in the daie. And if ye could get the

Of life.

to the goat, and mixe with the
the changes in the distillation, the
the of much greater vertue
without comparison.

¶ For the same.
use every daie to eat hus
and to take ones in a weke, &
condite.

¶ For the same.
Die and burne her, & beate
it to powder, and mingle it with fe
and putte it in your eyes.

Water of young Dies killed, is
good. Likewise water of rotten
put two or three droppes in
helpeth very much.

Water for diseases in the
and to clarify the sight.

Take the grene walnattes, huskes
from the tree, with a few wals
and distill therof a water
within your eyes.

¶ Good for the sight.
pilles sine quibus, allwageh,

¶ C. v. with

The Regiment
with trosciskes of agarik, and pill
lucis, are excellent good to pou
the brain, and coumfort the sight.

¶ For pein of the ypes.

Sometimes pein of the ypes com
of blood, & then the veines of the y
are redde and swollen, wherefore it
conuenient to be let bloud of the
vein on the side where the pein is.

¶ For bloudshoten ypes.

The bloud of a Strokedoue, or
lacke of it an other Doue or Pige
dropped a litle in the ype, and a wo
cloute therof laied byd the same, he
leth bloudshoten ypes whether it
of stroke, or any other cause.

Sometime the said pein cometh
Cholere, and then the paciente feel
great heate, sharpe prickeng, & much
pein, and commonly there appereth
gumme in the ypes, and if it doo, it
pelowe. Therefore ye oughte to ge
him a purgacion purgeng choler,
hath been saied in the remedie of
he

Of life.

procedyng of the cause of cho-

For swellynge of the eyes.

Take a Quince and seeth it in wa-
ter till it be soft, then pare it and bruse
it with the yolke of an egge,
and the crummes of wheaten or white
bread steeped in the said water, and put
thereto a litle womannes milke, and
a good weight of saffron, brase the
all together, and laie it ouer the fores-
aid eyes. Somtymes suche
gumme chance because of fleume, and
then the patient feleth great heuines
in the eyes, with abundaunce of gum-
me matter, or water descendyng into
the eyes. And in this case, ye muste
purge the fleume, as it hath been said
in the remedie of the hedde, greued by
the humors of fleume.

To resolue the gumme, ye shall vse
the same your eyes often tymes with
the decoction of housleke, otherwise called
St. Margarete.

And

The Regiment

And somtimes thesame pain cometh
because of ventositie oz winde, & then
the patiente feleth suche peines, as
one beate on his eare with an ham-
mer, for whiche it is good to make
decoction of camomille flowers, ma-
lilote, and fenell seede, in water & white
wine, and therin wette a fower double
linnen clothe, & the licoure well pressed
out, laie it often vpon the eye.

Otherwhiles there chaunceth pain
of the eyes, because of extertour the-
ges, as of winde, duste, oz heate of the
Sunne, and then it is meete to lay
thereto womannes milke, wel beate
with the white of an egge.

And somtyme thesaid pain cometh
by percussion oz strikynge, and then
muste droppe in the eye, of the blood
of a Pigeons wyng, oz of a partridge
which blood hath like vertue to take
awaye spottes, markes, and rednesse
of the eyes.

¶ For very greate pain of the eyes
Tab

Of life.

Take an ounce and a halfe of Oile
of Olives, the yolke of an Egge, and a
quarter of an ounce of barlie floure,
and a little Saffron, mixe al together,
and laye it betwene two linnen clo-
thes, and laie it to the pain.

¶ Another.

Take of crūmes of wheaton bread
half an ounce, and seeth it in night-
mare morell water, then mixe with
the bread two yolkes of egges,
and a little of roses, and camomill, of eche an
ounce and an half, muscilage, of lines
half an ounce. & vse it as is aforesaid.

¶ Another.

Take sixe leaues of henbane, & rost
them, then beate them very well in a
mortar, and laie them to the pain.

¶ For rednesse of the ypes.

At the beginnyng of the rednesse
laye on the ypes tolwe, dipped in the
whites of egges, but let the whites be
firste washen firste with rose water, or
plantaine water.

An

The Regimene

An other.

Take redde roses, and seeth them
and let them be set warme to pour
This taketh awaie spottes of blood
that sometyme chaunceth in the eyes.
Also it is good for all diseases of
eyes. And it is good for rednes of
eyes, that cometh by striking or
suche violence. If at any tyme there
happen a spotte or blemishe in the
by a stroke, ye muste lase to it by
towe, wet in roswater, and in whiche
of Egges, and after that the pain
mitigate, ye must lase a plaister by
the eye, made of a rawe Egge, War
floure, and the Juice of muscilage
mallowes, and then if the eye bee
holpen of the saied bloud, ye must lase
to it a plaister bothe dissolutive, and
siue, and partly appeasing the pain
whiche must be made of whete flour
the iuice of Mallowes, Mintes, and
smalache and the yolke of an egge.
Of hardnes & hath been long in the eye

Ca

scruple of aloes, succotrine, &
in water of celidonie at fire,
reue the fume of it, and after
wache the ipe with fenell water.

¶ An other.

the powder of cumine mixt with
a plaster, and laie it vpon

¶ An other.

roses, sage, rue, celedonie, of
the muche, with a litle Salte,
all a water, and putte thereof
or two in your ipe, euening
ing. In Bede of that water
to take iuice of Uerquin,
a litle rose water.

For all rednesse of the ipe.
the bignes of a nut of white
se, and a scruple of peros, and
it, and mixe it with a Glasse
well water, then putte two or
doppes in your iyes.

¶ For the same.

water of strawburies, made & put
in

The Regiment

in the eye is good.

A singular powder that drieth
taketh awaie the rednes of the eye

The tutie preparat an ounce,
Limonic halfe an ounce, perles
drammes, red coral a dram & an halfe
poudre al these thinges very fine
kepe them in a boxe of tinne & vial

For to stop watring of the eye

Make a plaster of poudre of
like, fine frankesence, Wole
moniacke, and gumme dragagat, w
whites of egges mixte together, &
laie to the forehead and temples.
so it is good to sette ventoses on
nape of the necke. Also it is good
make a colirie to put into the eye
foloweth. Take Tutie preparat
the stone called Lapis hematites
eche a dramme, aloes halfe a dram
perles and camphore, of eche a Scr
ple, poudre them all very fine, &
mixe them in thre ounces of wa
distill

Of life.

led of the knoppes of roses, and
make a collirie.

For to stoppe all humours de-
scending to the eyes, these thynges
saied, are very good mixie with
water, wherein olibanum oz frā-
nce hath been sodden.

For webbes of the eye.

maye be easily holpen in young
ones, but in aged persones it is
harde. And in the beginnyng, ye
maye mollifie them with a decoction
of flowers of camomill, mellilote,
and the leaues, receiuing the fume of
the decoction within the eyes, and
put therin a litle pouder made
of ambercandy, sall gemme, and eg-
gshelles turnte, and afterward dis-
solve in them womannes milke, with
a decoction of fenugreke.

An other singular receipt

for webbes in the eyes.

Take shelles with the shelles on,
wash them the eight times, and distill

D.i.

them

The Regimene
them in a cōmon stillatorp, then take
hares galles, redde corall, and sug-
candp, with the sayde water, distill
them again, and put euery moorning
and euenyng a droppe in your eye.

An other water.

This water is made of whitte co-
perose, sugercandye, and rosewater
with whites of egges that ar sodde
harde, all streyned througħ a linnen
cloth, and put into your eye, after d-
ner, and all nyght to bedwarde.

Regiment for them that haue
any soze eyes.

Ye must alway kepe your hely lo-
e abstain from fyre, smoke, wynd
dust, and ouer hot or cold ayre, & fro
wepyng, and long reacyng of a sma-
letter, from ouerlong watching, and
muche drynkyng of wine, and eating
late, for al these ar very noisem to the
eyes and sight. Also all euaporat-
things, as onions, lekes, garlik, ma-
lard, pease, and beanes, ar very da-
gerous

Of life.

ye must kepe your fete cleane
and forbear the day sleape. Beholde
these thynges, clere water, precious
herbes; and to kepe you from longe
sleping down your face, succoureth
the sight very muche; and is verie
good for the eyes. Likewise vse mea-
te of good & quicke digestion, as to
eat small often, and after meate, take
cōfites preparated, & drinke
after them. But aboue al kepe a-
way your handes, for the rubbing of
them maketh them worse and worse.

A Remedy for diseases of
the eares.

Take oyle of roses and a litle vine-
gar, and put it into the eare, thā
take a bagge of camomill and mel-
lisse and lay it ther vnto.

For noyse and soundyng
of the eares.

Take pillule cochie, or fetide, by-
cause the sound procedeth of vītōsite
of the heume, & before ye take the said

D.ii.

pilles

The Regiment

pilles, it is good to drinke three ounces of fenell water, two houres before meate, sower or five daies. After the operaciō of the said pilles, yemud dippe a tent in oile of rue castor, or of salte, with the iuice of Lehes, and of ten in the Mornyng fastyng, to holde his eare ouer the warme decoccion of Maioram, Rue, wormewood, Camemill, and Melilote.

¶ For pain in the eares.

Goose grece with a litle honic swageth the peines of the eares.

Also the Chestwormes sodden in Oile of roses vpon hotte ashes in the rinde of a Pomegranate, and dropped in the eares.

Item oile of almondes, specially of the bitter almondes, hote.

Item if there be water in the eares, it shalbee had out with a litle Goose grece, and the iuice of onions.

Also verth wormes with goose grece sodden, is good for pain in the eares.

Item

Of life.

them an Adders hame sodden in
vine and the eare bathed in it, and a
little therof put into the pain is good
to take awaie the grief, and it helpeth
also to theares, that are rûnyng with
rotting matier and corrupcion, but
in that case ye muste haue boyled in
the wine a litle mirre.

¶ Regiment.

The pacient muste eate and drinke
lite, and sweate in bathes, or whotte
broudes, and somtimes to prouoke ne-
cessary. He must forbear garlike, Oni-
ons, bekes, pease, beanes, and nuttes,
and drinke wine without water.

¶ For deafenesse.

Sometime there chaunceth deafnes
of the eare, which is in the eare, the whi-
che causeth tinkling in the hed, & then
ye must put a litle aloes in hot water
or in white wine, & distil into the eare.
Ye may put a litle euphorbium in pou-
der into his nose, to make him to nese
out asmuche humors as ye can.

D.iii.

Some

The Remedy

Sometyme deafensle commeth of
fleume, whiche whē it is old, is vncu-
rable. But whē it begynneth, it must
be purged as hath ben said in the re-
medy of the sound of the eares. Take
take pouder of bayberics, & sethe it in
oule of lilies, and put it warme into
your eare, and a litle blacke wolfe to
stop the eare with, that no aire entre.

Remedy for stynkyng of the nose.

Take cloues, gynger, and cal-
mynt of eche a like, and sethe them
in white wyne, and therewith washe
thy nose. After put in pouder of
reitū to prouoke you to urse. And
there be repleciō of fleum in the head
first ye must purge it with pilles of
cochie, or of hiera picra. Also if the
cause of stynkyng com frō the stomack
first help the stomack, as shalbe said
herafter in y remedies of the stomack.

Medicines for bleedynge at the nose.

Tab

Of life.

Take a dramme of bole armoniz
washed, and myxe it in rose
oz plantayne water, and drinke
then bynd the extreme partes as
ye mai, and after make a tent
of nettles, and put it into his
hozeouer, it is good for the pa
to holde in his hand egrimony,
the roote and all, and drinke the
juice of knotgrasse, & without doute
the bloud shall staunche anone.

For the same.

Take a boxng glasse vpon his li
the bloud come from the right
on the splene if he blede on the
& lay vnto the stones a good
of tow or linnen dipped in
and for a woman lay it vpon
her brestes.

Another syngular medicine for to
staunche bloud, and it is a theng
experte of all the good
practicioners.

Take swines doung, euen as hote

D. lili.

as

The Regiment

as pe can haue it from the swine, and
when pe haue cleansed the congeled
bloud out of the nose, wyng it the
rough a cloute, & let the suppe per
into the syde, from whence the bloud
cometh, and by the grace of God
shall see it stanche anone. Whereupon
it is good to bynde the fecte and
mes as harde as can be suffred with
a corde or a lace, the stronger the
be bounde, the better.

Remedy for the tooth ache.

Payne of the teethe (as Galen
saythe) amongst other paynes
that ar not mortall, is the most cru
ell and greuous of them all. It may
come byuers waies, of a cold or hot
cause. If it come of a hotte cause
his gummes ar redde and very hot
wherfore it is very good to holde
his mouthe water of camphore, or
seeth a lyttell camphore in vineger
and holde it in his mouth.

An other singular remedy that

Of life.

and may all kyndes of toothe ache,
if it come of a hot cause.

Take henbane rootes, and see the
in vineger, and rosewater, and
the decoction in your mouthe.

Another remedy for the toothe ache that

cometh of colde causes.

As much as in such cases often
there distilleth abundance of
into the mouth, purge it with

gallie, & afterwarde kepe in
your mouth warm wine, wherein hath

been putten pellitory, mintes & rewe.

Another remedy for the same.

Take sage, pellitory, and seeth them
in vineger, & kepe it in your mouthe

as ye may suffre

Another for the same.

Take pellitory, stauesacre, and the
handes of pepper, of ech one part,

galingale, half part of þ other,

make a pouder, and with a litle white
wine rub the teethe, & then lay on the

pouder where the payne is.

D.v.

An

The Regiment

An other.

Take the myddle barke of an elder, salte, and pepper, of eche a l^y muche: and stampe them together and lay it to the soze teeth.

An other remedy.

Take a litle corton, & dyp it in oyl of spike, then put it on the soze tooth. If the tooth be hollo w, it is good to draw it out: for it wyl euey day wth what soeuer ye doo vnto it.

To make the teethe white.

Take white marble, cuttle bone, white corall, sal gemme, bay salt, musk, and pilles of a citron, of eche a l^y muche, make the in very fine powder and rub the teeth therewith, euey morninge. And after ward washe your mouth with white wine, wherein haue ben sodden a litle camomill and dill.

For the same.

Take vinegar of squilles & dyp a litle piece of cloth in it, and rub your teeth and gummets withall. The

vine

Of life.

fastneth the gummes, com-
an the rootes of the teethe, and
a l... sweete breath.

Other remedy to make
the teeth whire.

... a water in a lembik, of .ii.
... of sal gemme, & the third
... of gume, and rub the teth with
good ... cloute dipped in the same.

... take away stynkyng of
the mouthe.

... wash his mouth with wa-
... vineger, & chew mastike &
... and the wash the mouth
... decoction of anyle scedes,
... cloues sodden in wyne.

... stynkyng of the mouth com-
... rotten toothe, the beste is
... drawen out.

... ment for tooth ach, and
... of the mouthe.

... wash your mouth befoze
... meat with warm water,
... the mouth, & to purge the
humours

The Regiment
humours from the gumes, which
scend out of the hed. It is good
in mornynge fastynge, to washe
the mouth, and to rubbe the teethe
with a sage leafe, pilles of citrone, or
pouder made of cloaues & nutmeg.
We must forbear lettuce, rawe
all tarte meates, and the chewynge
harde thynges. Also all meates
that are hard to digest, and vomitynge.

The thyrde chapter treateth of re-
medies for diseases of the breast.

If first for hoarsnes of the
throat that maketh a man to speeche
lowe, and with great paine
must auoyd all egre, salt, and
dry thynges, and sleppynge by day, to
watchynge, great cold, much speeche
and to loud cryng. All swete
fruytes are very good, as apples
with suger, great raisyns, figges,
mond milke, hulled barley, pignolles,
penedies, white pilles, suger can-

Of life.

hich is the rype of lyphozice.
odee. For a hoarce voyce.
e p... the bzoath of redde colewozt
the ... with it. vii.oz. viii. peni-
oz... office of sirupe of mairde
at m... geue vnto the patient, whē
to fr... to bedde.

wyn... other medicine.
res... simple, & eat a lozēge
g. of the lozēge at mozn, & also at nyght.
of re... remedy for hoarsnes of
east... long continuance.

he d... figges, suger, cina-
o sp... of euery one a littell.
o sp... in good wine, of the whi
part... geue to dzyne moznynge
d... ii. ounces at a tyme, ex
to... a feuer.

spek... For the same.

ete... to take moznynge & eue-
s... of the sirupe oftutu
gg... with a root of liquozice, in
ign... of aloc. If with y^e said hoce-
rcan... descēd abundance of water
to

The Regiment
to the mouthes, it is good to make
electuarie, of halfe Diarris, and
Diadragantum, and to vse it first
last, after persuming with Rouse
flaxe, sumyng with frankinsence
like, sandrake, and Rorax Calam
lated vpon the hedde warme.

¶ Remedie for the cough.

Take Ilope, greate Rasins,
figges, of eche a litle handfull,
rice one ounce, boile them in
till the thirde parte bee wasted,
geue it hym to drinke twise a day
the morning it. houres before
and at night one houre before
& immediatly after, it is good to
a lozenge of Diarris, or diapem
If ye will haue it stronger, put
in the decoction a litle Colewoc
amisc, and fenel, with the seedes of
telles, of eche twoo drammes,

¶ Another remedie.

Take sugercandle, white pill
arris, and Diadragent, of eue

Of life.

make a pouder, Licorice twoo drammes,
and let him eat ther
firſt a ſpoonfull, moꝛnyng and euenyng
ouper after it thꝛee oñces of wa-
lence, or of Roſe, or of Scabious, with
alace, and without Sugar.

In the use of thoſe waters, ye maſe
gh. the booth of redde Colewooztes
ins. without Salte.

Another remedie.

Take Sirupe of Liquirice, and of
ted, and drinke it euen and moꝛne
a day, or two, or one of theſame ſirua
e maſe, or a ſpoonfull of priſane is good.

Another.

Take pouder of Diapꝛis ſimple,
and Liquirice, of eche a drãme weight
with ſower ounces of ſuger make
a ſirupe, to be eaten firſt and laſt
after meate. Another.

It is good to take loſſanum, with a
ſirupe of Liquirice, at the coughyng,
and after meate. And there is an other
loſſe de pino, as good at all
tymes

The Regimene
times as the other is. And it is good
to anoynt the breast morning & e-
ning, with oyle of lilies, swete al-
bes, and May butter without salt.
Here is to be noted, that commonly
cough proceedeth of cold humors, &
groweth the lunges, & for that cause
all thynges the whiche be hot, &
and do prouoke spittle, are very good
and holsome for the same, as be
thynges afore rehersed. And so-
tyme it proceedeth of heate, and
it is knowen by the great altera-
cion of feuer, and then ye must forbide
patient drinking of all wines, and
use thynges that hereafter folow.
Remedy agaynst the cough, com-
ing of a hotte cause.

Take syrupe of violettes, & of
liubes, & drynke therof morning
& euening, wth a little pilsane sodde
for the same.

It is good to take fyrst and last
lozenge of diadragat, & after

Of life.

is good to be a draught of good ptisan.
A good receipt against the cough.
Take the roote of Enula cāpana,
the hound, Holihocke, of eche a
pound, seeth theim all togither in
a wine, with a dosein of fat eggs
at night, and a littell Liquirice, drinke of
it a draught, euery day twice.

A Regiment of diete for them
that haue the cough.

Abstayn from vineger, be
ware of salt meates, fruites, & rawe
meates, che, limons, grosse meates, &
much repletion. Also ye may drinke
betwene meales, and beware
of the heate, and specially after meat.
The wynde, the colde, and muche
labour, are very vnnaturall for the
wynde, and so is all labour aswell of
the body as of the mynde, and some-
times it is good to holde your wynde
in, and let it go agayn.

Remedies agaynst shortnes
of the wynde.

¶

Shortnes

The Regiment

Shortnes of the wynde proce
s oftentimes of fleumo, that
tough and clammye, hanging by
the lunges or stopping the condites
the same, beyng in the holownes of
breast, or of catarrhus humours
droppeth down into the lunges,
therby cometh straitnes in breath
of the breath, whiche is called of
sitions, dispnoea, or asthma. And
the pacient can not bende his necke
downe for drede of suffocation, it
called orthopnoea. For euery one
these diseases, there be very holse
medicines declared here afore.

The receite for Asthma.

Take an ounce of great raisins
hed from the kernels, two figges
meat of a date, dry isope, maiden
likorice, and the lunges of a foxe
shed in wyne, water of scabious.
euery one a drame, penidies .ii. of
w sirupe of likorice, let al be in co
rard, & make a loc to ete a good

Of life.

... with a sticke of liquoize.

An other receite.

... the hozehound, maideheare, &
... of every one a hādful, liquoize,
... of ... seede of smallache, and
... of every one half an ounce:
... in a pinte of water & an
... the thyrd part be cōsumed.

... him the sayd decoction to
... a good draught every morning
... afore meate. And before

... after it, it is good
... as a chesnut & con-
... of colewoytes, or a lozeng of di-

... Diarris Salomonis. Also
... vulpis is exceedynge
... the sayd disease.

... for shortnes of breath.

... of oile of swete ala-

... one of Wyte butter vna-

... of new ware, &

... wherwith ye shall

... the best mozne and euen.

Regiment.

C.ii.

Cona

The Regiment

Considering the said disease com-
eth of to greate abundance of fleume
in the lunges, it is good to obserue
thynges that are shewed in the re-
medies of þ cough. And to dwel in a
place farre from water pooles or
rishes, and to slepe in a moyst ch-
amber in the whiche ye muste haue a fyre
wood wout smoke. The bread must
be light and plesant: For soure bread
brown bread, and crustes, ar to be
avoided. Also ye muste eate no peas
Beanes, nuttes, chestnuttes, nor
thyng that stoppeth or engender
wynd. Fish roasted vpon the girdle
maye well be suffered, for that be no
euill. Hulled barley, rice, broth of
wortes, and broathe of an olde cow
with Ilope and Saffron, are spe-
cial good meat for the lunges, and so
fatte figges, raisins of Alicant, be-
graines of the pine, pignolat, &
almondes. Great mouings and
fyrngs, and sodaine labour is very

Of life.

moderat exercise afoze meat
is most and profitable.

Wrothnes, angre, and suche other
passions that inflame the hart, are in
all things bitterly to be avoided.

Remedies for the Pthisike,

Pthisis is an viceration of the lb

the which all the body fol

loweth in consumption, in such wyse,

that it wasteth al saue the skynne. Ye

knowe him that hath a pthisike,

for he waxeth euer

drier, and his hear fallith,

and euer a coughe, and spitteth

matter and bloude stringes

of blood. And if that which he spitteth

be put in a basin of water, it falleth

to the bottom, for it is so heauy.

Heracles speakynge of this disease,

sayeth it is incurable. But when hee

was in Rome, he gaue counsel to the

phthisikes, to dwell in the

coolest and hie places, far fr

from sunne and watre groundes, and so

their

The Regiment

theire lyfe shuld be prolonged, but
the laste thei died of the same diste
Nevertheless, it is good to releas
pain, & to helpe them asmuch as
possible. And the thing y is most
som for the same, it is to drynk ea
morning a draught of asses milke
houres afoze meat, in the place
of one may take the milke of a g
newly milked, and mixe them
time with a sponcful of poudre,
of sugre of roses. & it is good
time to vse cōserue of roses, pign
diadragagantū, & anoint the b
foze and behind, with oile of sweet
mondes, Oyle butter, and salt.

¶ An other remedy proued
by a religious man.

Take .ii. ounces of pimperm
poudre, & therof make an el
ary w sugre, & vse it every mo
ti. drāmes with pimpermell water
ounces. Water of snailles distill
proued good to them that be p

Of life.

every morning in drinke, and for all
that are dye and leane.

An other.

Take the .iiii. colde seedes, seede of
mustard of eche .iii. drames & a halfe,
of poppe seede .v. drames, the iuyce
of squace, yslope, amidsi, gñme ara-
bit, and dragant, of eche a dram and
half, penidies, the weight of them
make a poudre, and vse every mor-
ning in annimes, and after take two
drachmes of syrupe of iniubes, or in
steede of it, drynke the ptisane of wa-
ter of Angula caballina, otherwysse
called horsehoofe. The poudre wher-
of is good for the pthisik, wherewith
was cured, that he healed a monke
of the same sickenes.

Regiment for pthisike,

ought to do as hath ben said in
the regiment of Asthma, & to abstayne
from all spices, saue saffre n. Ye must
also abstain from all soure thynges,
and also from tart, nor be not

¶ .iiii.

huna

The Regiment
hungry nor dry: but cherishe you
with meates of easie digestion, & good
nourishment, suche as is coleys of
peas, hulled barly, almond milke,
egges yolkes, beale, kidde, lambe, shep-
fete, and smal birdes, liuyng in wo-
des and bushes, creawises, and fish
swete running water, hauing scale
Snailles in the shell sod with fen
and ysope is very good. Ye must be
merry, and play at some pastime
for pleasure, wout labouryng. Ye ought
to absteyn from laxative medicines
because that it is said: Cum fluo-
cedit, mox intrat, vita recidit, which
is contrary to asthma, for thereto
is good euer to be lase belied.

¶ For the pleuresy.
Hereafter shalbe spoken of medicines
for diseases of the ribbes. And for per-
ficer knowlege of the same, ye shall
vnderstande that sometyme in the shoul-
der that couer the ribbes, there
thereth together bloud and choler

Of life.

which engendrye apostemes
in the pleuresy, and it may be knowne
in a manner of signes. First the pa-
tient hath a great burning feuer. Sec-
ondly, the ribbes ar so soze within, as
they were pricked continually with
a pin. Thirdly, the patient hath a
great cough. The. iiii. signe is a strōg
paine wherwith the sicke is vexed, &
by these signes maie ye surely knowe
it is the pleuresy, that is in the skyn,
where the ribbes within the bodie.
There is an other kynd of pleu-
resy without vpon the ribbes aposto-
mes, but in that is nothyng so great
paine, nor the feuer is not so strōg
as in the other alsoe reherfed.

¶ Remedy.

The patient ought to be let blood
in the liuer veyn, in the cōtrary arm
to the side that is diseased. After the
beginnyng of the soze, till the third
daye, and after that yf the patient be
not feeble, let him blood agayn vpon
the

C. v.

The Regiment
the same side that the soze is. Where
ouer, the paciēt ought to lay vpon
soze side, euery day an earthen bottle
full of warme water, and to anoynt
his ribs with oile of camomill warme.
And he oughte to take a glyster of
chickens brothe, mylke, cassia, oyle
violets, and hony of roses, if his be-
ly be hard. And in stede of that glyster
it is good to take an ounce of cassia
an houre befoze diner, in a lozenge
distepered with a prisane, ozels with
water of scabiose.

An other remedy.

Take of brome floures, of scabiose
and the great thistle called cardo be-
nedictus, of euery one a lyke porcion.
meddle them togither, & let him eue-
ry morning & euening, receiue a good
draught, & anoynt the ribbes wth oyle
of brome floures, and it shalbe good.

An other singular remedy.

Take .iii. ounces of water of our
lady thistle, one sponesfull of whete
wine,

Of life.

Take and fixe inner whites of egges
well wynde, myngle all rogether, and
lay them plaisterwise vpon the ribs
as hote as ye may suffre.

An other expert remedy.

Take iiij. good handfuls of horsdong,
and sixes of ginger in pouder, & the
choppe well the dong & the ginger to
pieces in a cleane linnen cloth, the put
them in a new pot to boyle with two
gallons of white wine, until the third
part be consumed, & drinke a draught
of the sayd drinke euery mornynge, &
after ye haue dronk the said wine, co
ntinue as well as is possible & sweate.

Regiment for the pleuresy.

The paciēt ought not to drinke wine,
nor eate fleshe, but muste be content to
drinke pilsane, barley water, & weake
broth, and to eate barley hulled, and
milk of almons clarified, roasted ap
ples and great raisens as long as the
disease dothe laste. And for to helpe
hym

The Regiment
hym to spitte, it is good to vse often
white pilles, diadragagantum, sug-
candy, and other thynges said in the
remedy of the cough.

For diseases in the ribbes,
whiche is not pleuresy.

There chanceth oftentymes a dis-
ease in the ribbes, whiche they call a
bunche, whiche cometh of ventosita.
wherfore it is good to applye thereto
hote thynges, as a tost of bread very
hot, & a litle bagge of otes, & bay salt
fried together, or of hony which is bet-
ter. Also it shalbe good to put there
a sponcfull of hote ashes, and herbes
of horehound, rue, wormewood, mar-
gerim, Ilope, baies, and Camomile.

An other remedy for the same.

Take the rotes of colewort & hops,
of eche an ounce, verueyn, mugwort,
sage, mintes, wormewood, tansy, and
motherwort, of eche a handfull, put
all in a comon stille, and distill them.

Keepe that water to drinke euery
morn

Of life.

Take two oz the ounces, while
the paper doothe last.

An other remedy.

Take the said herbes and rootes,
and boyle them with white wine, and
strain them through a linnen cloth, &
give to the paciēt a small draught
three times the houres afore meate

Of the. iiii. Chapter of the wea-
kenes of the harte.

Weaknes of seblencelle of hart is
caused, when the body faileth his
vitalle, without any euident
cause, as when the body is consumed
and loseth out of colour, and that
the operations vitall are weake, with
out any sensible hurtynge of any other
member, but the harte. And it maye
proceede of an apostume, for the whiche
there is no maner remedy, for all
consumation of the hart is mortal.
Weaknes of the harte may come
of cause accidental, whiche one maye
knowe, when there is a great heate
in

The Regiment
in the brest, and vehement thirst, and
is quenched better in drawyng colde
ayre, then in drinkeyng colde water.

Remedy.

Geue hym þe hath a feble herte, & re-
to fast, either for feuer, or for extreme
heate, the weight of a frenche crown
of trosciske of camphore, with two
of pomegranades, and lay vpon the
brest toward the lefte syde, a sende
or linnen dypped in water of roses
and vyner.

Lectuary.

In stede of thesetroscisks, re mai-
a lectuary called diamargariton for
gum, euery morning a lozeng. And
it is good to geue him for the same
blenes, conserue roses, violettes, and
water lilies myngled together, & after
to drinke water of sorrell, and to smel
roses, water lilies, rosewater, and
negre. Otherwhyles and most often
debilitie of hart chaunceth of a colde
and dry cause, and is without feuer.

Of life.

And to great feare and heynesse, the
remedy wherof is this.

Remedy.

Take of an electuary called Dia-
mond, or of an other called electus
of the pitris, and vse euery morning
a draught, and drinke after it a lyrell
with wyne, or buglosse water, and an
ointment the breast with oyle of spikes
and so forth. Moreover vse ones in a weke
the hony before meate: the weighe
of half a crowne of good triacle, or
ambrosium, so it be well tempered
in a lyrell wyne, with a few
maces. ¶ For the same.

¶ The doctore geue the pacient often in
the tyme of his feeblenesse, clodues,
and inuigges, setuale, of the
root of colewoortes, if he hathe not
the greene, in which case he must ab-
steyne from the sayd thenges. And it
is convenient to geue hym in that
case good fleshe, and potage without
spices, & take euery morning, a great
draught

The Regiment
draught of Asles or Coates my
and suger rosate.

¶ For beating of the hart.

It is called of the phisitions ca
biaca passio, or otherwise tremor
dis, that is trembling of herte, a
sometyme it chaunceth with a feue
and sometyme without.

Remedy whē it cometh with a feue

Pe must be let bloude of the Le
bern, and drynk euery mornynge
rupe of pomegranades, and limon
the iuyce of sozel or one of them, w
water of Roses, Purcelan, Succo
and Sozell. Moreover, the patient
ought to smell thinges cold & sweet
as dried roses, water Lillies, U
lettes, and byneger Roses.

Also it is good to take an infusio
lask of rubarb, ordeined of som goo
Phisician, after the whiche it Ma
good to apply vpon the lefte papp
linnen clothe dipped in plantayn
ter, roses, sozell, and a litle Vinegre

Of Use.

of trembling of the hart with-
out a feuer, a remedy.

The patient must take .ii. drāmes
of the electuary of Diamargari-
calidum, and the third part of es-
tuarium de geminis, then drinke
.iii. ounces of water of buglosse,
baume mixt together.

An other remedy.

Take mastike, lignum aloes, clo-
ve, cinamome, nutmigs, and cubes
of eche a scruple, pilles of citrons
a dramme, dozonici romani, and
peppes, of eche .xb. graines, basilscede
grains, amber grece, and muske, of
each .ii. grains, wth conserued buglosse
whole mozties and sucket of citrons,
the half an ounce, make an electu-
ary with .iiii. ounces of suger dissol-
ved in white wine & buglosse water, &
take of the same euery morning, .ii. drā-
mes, & drinke a litle good wine after it

An other remedy.

Take water of buglosse, baume, &
bourage

f.i.

The Regiment
borage, of all thre together a poss,
of white wine halfe a pounce, powder
of cinamome, cloues and nutmigs,
of eche twoo drammes, mingle the al
wel together and then heat it a litle,
and dyppe a linnen cloth in it, ozels a
scarlet, and lay it to the left pappe.

An other remedye.
Ye muste make a bagge of sendall,
of the sayd swete spices, oz other cozs
diall pouders, and lay it holte vpon
the left pappe.

An other remedye.
Take pomanders made of lapada-
num, lignum aloes, and citron pills
maces, cloues, borage floures, storax
calamite, amber of grece, and a litle
ware, and let the patient beare that,
and smell it often.

An other medicine.
The matwe of an olde cocke dyed,
and made in powder, is excedig good
to drinke in red wine, oz swete wine,
with a lyttell saffron.

Of life.

For the same.

It is good to drinke euery mo-
rning. iii. ounces of water of buglosse,
which hath ben sodden cloues. And
it is good to drinke in a morning. iiii.
ounces of iulep, made of half a pound
of rume water, and thre ounces of su-
gar. The confection of diacacynthi, is
singular and excellent for trembling
of the heart, but it is for noble men,
and not for poore folke.

For swoynng.

Swoynng is a takinge away of
the feelyng & mouyng of the bo-
dy by weaknes of the hert through to-
the auoydance of the spirites.

Remedy.

In Sommer for swoynng, sodain-
lye ought to cast vpon his face cold
water, mingled with rosewater or vi-
negre. And if ye stoppe his mouth,
and nose, and bowe his face vnto his
knees, so long as ye stopp your wynde
your selfe, ye shall forthwith recouer

f u

hym.

The Regiment

hym. But if the sayd swoynng come of the mother, ye must lay to the nose all stinkyng thynges and abhominable sauours, as partriches fethers brent, castor, & assaferida, or the snuffes of candels. Whereouer ye ought to geue the pacient a litle good wine, which is the chiefe thyng that quickliest restoreth him, as saith Auerrois in his seuenth colliget. Afterwarde rubbe his armes and legges, & bynde them hard, then prouoke hym to nose puttyng a litle pouder of longe pepper, euphorbium, or castor into his nose. And if by the sayd medicines, the pacient doth not amend, this disease is vncurable. And here ye maye note, that if swoynng come by great resolution of spirites, as after great euacuation, either by sweat, fluxe of bloud, or laske, ye ought not to caste cold water on his face, nor to bynde his membres, for that shulde do hym hurt, but kepe him in a place without mouing

Of life.

buyng, & geue hym to drinke a litle
good wine, & nourishe him with good
light meates, as pullets, chickens, cas-
sars, partridges, veale, mutton, & kid.
Wherof ye may make him good por-
rage, colicuses or restoratiues, distilled
or otherwise, as ye shal thinke conuenient.
The .v. chapter of remedies for
diseases of the stomake.

The chest of the body doth receiue
the meate necessary for all the mem-
bers in the stomake, which is situate
in the middes of the body, for to digest
thesame meate into all the members,
to the whiche chaunceth debilitie or
wonderance of appetite, sometymes
by error of the eater in qualitie or
quantitie, and sometymes by reason
of the fleume that descendeth from
the heade lyke a reume.

¶ Remedy.

Keep abstinence, and eate sobely
light meates, and drinke good wine,
but litle. Purge the stomake, in cas-
sars.

The Regiment

hyngepelles of symple hiera before
meat.iii.oz.iiii. of the sayd pillis at
four of the clock in the moornyng. If
the repletion be great, sleppng in the
nyght, he muste lay his hande on his
stomake, oz els lay a litle pillow of fe-
thers on it, oz a bagge of woynwood
and margerum. Sometimes ther cha-
ceth suche debilitie, not for reume, oz
meat oz drinke, but by viscous and ill
my sleum in the mouth of the stomak,
which causeth to engender abundance
of ventositie, and maketh the meate
to swym with litle thirste. And some-
times with sour belchings, and infla-
tions, such debilitie may not perfect-
ly bee cured, but for a tyme mended
with the remedies that folowe.

Remedies for weakenes of the stomake.

First ye must take pillule stomatice
ii.oz.iii. houres afore meate, more oz
lesse, accordyng to the quantitie of the
fulnes of the stomak. & after geue him
euery

Of life.

every morning. ii. houres afore meat
and one houre after supper, at euery
tyme a lozenge of a lectuarpe, called
diagalanga, or an other called diaci-
minū, whiche lectuaries do consume
ventosities, and with their cōfortable
heate, driue away the cold and the win-
dy complexion of the stomake.

For the same.

Greene ginger is very good, taken
as is sayd afore of electuaries. And
it is holsom to eat afore your meat,
anyse sedes and fenell, and when ye be-
gyn to eat, take a tost dipped in sod-
den wine, or good maluesey without
drynkyng of the same wine, except it
be a very lptell after meate.

An other.

Take mastik and lapadanū, of eue-
ry one an ounce, mintes and wormes
wood poudred, of eche a dramme, tur-
pentine. as much as shall nede to in-
corporate them together, make a plas-
ter and spred it vpon lether, and lay
it

The Regiment
it to the stomake. In stede of the said
plaster, it is good to anoynt the sto-
make with oile of spikenard, and ma-
stike, or to lay on it hotte breade stee-
ped in good wine, on the which bread
draue powder of cloues & nutmigs.

Somtymes suche debilitie of sto-
mak, cometh of hot causes, & the it is
known by the litle appetite to meat,
and great thirst, and hed ache before
meate, and after it, cometh stynkyng
belchyng, wherof somtyme foloweth
vomityng, and is holpe on this wise.

¶ Remedy.

In suche debilitie, if there be great
quantitie of spittle, and much desyre
to vomite, it is good to take. x. drams
mes of hiera picra, with the decoctio
of cicers, or with two or thre ounces of
water of wormewood, and after your
meate, vse coriander seebe prepared,
and beware ye drynke not thereafter,
nor lesse in the day tyme.

¶ To the same.

Of life.

Trabolans cōdite ar very good
for the same purpose, to be giue
in the weke, at four of the cloche
the morning, half an office, or a hole
every time, & take awai the Stone
it is within. If in the said debilitie
Stomake of hote cause, ther be not
undance of spittle, but drynesse of
mouth, with thirst & vomityng, stin-
g & fumish, it is good to take eue-
ning sirupe of sorrell, sirupe of
sces, or sirupe of quinces, with en-
ue and succory water, & water sod-
en and cooled agayn, and then drinke
crapicra, as afoze is said, or take a
urgation, as is declared in the peim
the head, comyng of choler. It is
be noted, that for suche debilitie of
the stomake, ye may not weare any ce-
rote plaister, nor baggue, wherein is
rote medicines, lest ye shuld augmēt
the cause, but it is conuenient to an-
oynt the stomacke with colde oyles,
as be oyles of roses, and quinces, and

f.v.

if

The Regiment
If ye will haue a plaister, make it of
redde roses and saynders.

For abhorryng of meate,

Sometyme there chaunceth in the
Stomake, a disease callyd *tastibium*, or
abhorryng of meate, wherby the pers-
one agaynst his will taketh in hate
and abhominacion al maner of meates,
that is offered vnto hym: lyke-
wise as a hole man taketh pleasure
and delite in his meate. The cause of
this disease, is repletion of cholerike
humours, or fleumatike, grosse and
viscous, whiche are in the Stomache,
and the pacient hath great thirst, a
drye tongue, the mouthe brytter, and
sometyme dothe vomit pelow choler.

Remedy.

Ye must purge the choler as hath
been sayd afore, and if the veines be
great and ful of blud, ye ought to let
him blond on the right arm, and on þe
veine whiche appereth mooste: and to
quicken the appetite it is good to geue
him

Of life.

to eat or drink, such as the patient
demandeth, although it be not al-
ways of the best. And also it is good
to give him juice of pomegranads.

For belchynge.

Belchynge is a ventositis inflative
pulsed oute of the stomake to the
mouth, and cometh by feeblenes, and
the heate of the stomak, which engend-
ereth winde, wherfoze it signifieth a
cold complexion, whiche is cause of
the ventosite after meate. And for
this disease ye shall doo as foloweth.

**Remedy for wyndynesse of
the stomake.**

Abstayne from all fruites, and rabe-
rbes, pease, beanes, garlike, onions,
peakes, chesnuttes, course meates,
eat repast, and slepe on the day. Ye
ought to take fasting, comfites made
of anise, fenell, cummin, and carres-
eaine sedes, ozels powder of the lapde-
wynges myrte with sugar. Also it is
good to take in a morning. ii. houres
before

The Regimēt

before meate, a lozenge of aromatick
rosatū, & if ye haue an aking stomack
and cold, it is good to take euery mō-
ning a lozēge of diamifi, oꝛ diacimū,
oꝛ some other cōfortable lozenge, & to
drinke after it a sponfull of good wine.

Another remedie.

Ye may take a litle galingale with
a litle wine, oꝛ pouder of cumin, with
somme good wyne.

Another remedie.

Drynke euery moꝛnyng fasting the
oūces of wine, wherin hath ben sod-
den bayberies, anise, & carraway sees-
des, of eche a litle. And if ye put to it
litle pure frankēse, it wold bet be
better. And without, it is good to lay
a bagge full of camomil floures, rue,
wormewood, and maioram made in
pouder, oꝛ fox to annoynt the stomack
with oile of wormewoode, rue, spikes-
nard, oꝛ baies. Somtymes such bel-
chyng and ventositie cometh before
meat, & it is caused of flenum viscosus,

Of life.

Watrythe that is in the stomake.
Remedy.

Ye must purge the fleume with pills
of cochie. or electuarius of diacarta
as hath ben said in the remedy of
the pain of the hed caused of fleum. And
after ye geue the purgation, ye ought
to take .iij. moynings. ii. houres afore
meale, to take two litle sponesfuls of
juice of wormewood or of mintes.
After the which purgatio, it is good
to annointe the stomake with oyle of
cassia, nardine, wormewood, or lilies
or to weare vpon the stomak a ce-
ment, being made like a plaster. which
may be at the Apothecaries called
cerotum Galeni, or a bagge made of
maizem, and camomil flours, & take
every moynng a lozenge of the electu-
ary aboue named, or of diagalaga
Item ye shal note, that if the person
can not take a purgation, to auoyde
sufficiently the fulnes of the stomak
which hyndreth the digestio of meat
he

The Regiment

he must take a glister, and afterward
pilles of elephantine, or of hiera sim-
plicis, before dinner or supper. Wher-
ouer, yf before dyner ye fele an heu-
nes in the stomake, ye ought to take
one of the sayd pilles halfe an houre
before meate.

For the hicket.

Hicket or ycastrynge, is an euill man-
ning of the vertu expulsive of the sto-
mak prouoked by the vertu sensible,
to expulse that that dothe annoy. The
said hicket doth somtyme happē by
reson of emptines, by debilitie of the
stomak after long sickness, or by fluxe
of blud or lax, or by som other strange
euacuation, which is very perillous,
and oftentimes mortall. Therefore it
is good to giue restoratiues to the pa-
cient, and to geue hym soft egges, al-
mond mylke, hulled barley, colepsle of
capons, or other thynges of good no-
rishment, and of ease digestion.

Also ye ought to stop the laske, & to
make

Of life.

ke the paciēt to slepe long, and as
at the stomak with oyle of swete
os. Somtimes hicket procedeth
epletio of matter humorous, oz of
ak and meat which engēder grosse
tositie, & not very easy to cōsume.
y stomak be ouercharged wth mea-
kepe a long abstinence till dige-
on be done, oz els vomite & anoynt
stomak with oile of dill, mastike,
wormewood & castor. If humors con-
ined in the stomache be cause of the
d hicket, take an ounce of hierapi-
a with water of wormwood, oz elles
les ante cibum. iiii. oz. iiii. houres
fore meat, & euery mornig folowig
opetation of y^e said hierapicra, take
dozenge of dianisi oz diaciminum,
els a fewe anise sedes & caratwais.
Regiment for all maner hicket.
It is good to kepe longe and often
s breath to nese, to trauayle muche
ndure greate thyrste, and also to
ape longe. And it is good to caste
colde

The Regiment
cold water in þe face of hym that ha
the hicket, and to thzeten hym, and
put hym in feare, and to angre hym
ozels to prouoke hym to heurnes, to
by these thynges, the naturall heat
is reuoked and fortifed within, and
cau seth the hicket to cease.

For vomiting.

Vomiting cometh sometymes with
out great violēce, and therby one gett
tith helth, wherfoze ye neede not geue
hym any remedy, for it is a good actiō
of the natural vertu of the stomak.
Sometyme vomiting cometh by a
great violent moupng of the verrue
expulsive of the stomak, for the cru
thynges contained in the same.

Remedy.

One may well helpe a man to vo
mite, geuyng hym warme water with
a litle oyle to drynke, ozels to put the
finger in his mouth very low, or a fe
ther wette in oile, the better to vomit
and mundify the stomake, if so be the
per

Of life.

perſone haue a wyde throte, and that
vomityng do not hurt hym much, as
he they that haue but ſmal and ſtraite
throtes, and longe neckes and leane,
and he that hath an euill ſyght, for al
theſe it is euill to vomite.

Somtymes vomityng cometh by
weakenes of the ſtomake, cauſed of a
hote and euill complexion, ye ſhall
heale it after this maner.

Remedy.

Take ſirupe of roſes, quinces, mirtles,
with water ſodden, and colde
again, or els water of purſelane for
to reſreſh and quenche the thirſt that
chaunceth commonly in ſuche a caſe.
And it is good to anoynt the ſtomak
before dyner & ſupper, with an oyn-
ment made of oyle of roſes, and quince
s, with iuice of mintes, and a litle
waxe, or els to make a plaſter of min-
tes, roſes, wormwood, and oyle of ro-
ſes, and lay it to the ſtomake.

An other.

G.i.

Take

The Regment

Take frankensence, mastike, of ech half an ounce, made in powder, & mingle them together, with the white of an egge, and a litle barly floure, then spread it on a litle towle, and lay it to the mouth of the stomak. At the latter end of dyner, it is good to take a measure of marmalade without drynke.

Sometime vomiting proceedeth of cruel, & cold complexion of the stomake.

The Remedy.

Anoint the stomak with oyle of spike hard and mastik, ozels make an ointment of the said oyles, with a litle mastike, corall, and waxe, and anoint the stomake morning and evening.

Another medicine.

Make a bagge of wormewood, marjoram, and dyer mints, of ech a litle handfull, cloves, galingale, & nutmegs, of ech halfe a dramme, the said thinges powdered, and put betwixt two linen clothes with cotton enterbasted and applyed vpon the stomake, are of
wons

Of life.

Wonderfull operation. In sleepe of
this ye may take the said herbes dried
in an hote tilestone, and put them in
two linnen cloutes vpon the stomak

¶ Another maner.

Ye may tase a toste of breade & stiepe
in the iuyce of myntes, & cast vpon
the pouder of mastike, then lay it vpon
the stomak, and from thre houres to
thre houres, let it be renewed.

¶ Otherwise.

Take two handfuls of myntes, and
a handfull of roses sodde in wine, thā
take two ounces of tosted breade, and
moyst it in wyne, and incorporate it
with pouder of mastike, and the said
roses & myntes, and make a plaister,
wherof one part must be layde to the
stomake when the patient wolde cate
any meate. The sayd plaister is also
good in all hote causes, if for the said
wyne, ye seeth the myntes and roses,
and stiepe the toste in vinegre.

¶ To comfort the stomake after
vomityng. C.ii. It

The Regiment

It is good to giue vnto the pacient
euery moynyng an ounce of sirupe of
wormewood, or myntes, in steade of
which it is cōueniēt to take a lozēge
assaromaticū rosatū, or diagalanga.

Foz the same.

Take euenyng & mornyng. iiii. hou-
res before meate. ii. cloues in powder
with a sponesfull of the iuyce of min-
tes, or halfe a sponesfull of rue, dried,
with a littell wyne. Also it is good to
take poudre of cloues, and tignum
aloes, the weyghte of a crowne, with
wine. ii. houres before meate.

¶ A glyster foz the same.

And here ye muste note, that in all
vomityng, if the pacient be hard bel-
lied, it is good to take a lētiue glistre
made of the decoctiō of Marche mal-
lowes, mallowes, violettes, and barly
with oile of violettes, hony of roses,
& a litle cassia. And if the vomitynge
come of coldnes of the stomake, or of
cold water cōteined in it, adde vnto
said

Of life.

Said glister, wormewood, isope, rue, & camomill in the seething. And for oile of violotts, take oile of camomill, or of lythes, and geue the pacient a pill of mastike befoze meate. And ye shal vnderstande, that mynties braied, and mingled with oyle of roses, and applied vpon the stomake, is very good for all vomityng.

For payne of the stomake.

The oze payne of the stomake, cometh somtymes of wynd, & it is called dolour extensiu, the which is holpen with applyng thereto a sponge wet in wine, wherin hath ben sodden wormewood, rue, and camomill.

Also ye may helpe it as hath ben sayd in the remedy of hicket or yeasynge, and as shalbe said hereafter in the remedy for all paynes of the stomake.

Somtymes the sayd payne cometh of repletion of humoures, and it is called Dolor agrauatus. Whiche ought to be cured by purgation, in gi

G.iii.

upng

The Regiment

uyng of cassia newly drawn out, hies
rapicra, or pilles stomaticas, or of hie
ra simple, taking some syrupe before
the purgation, as is shewed in the re
medy of debilitie of stomake. Some
tymes payne of the stomake cometh
of choler, or salt fleume very sharpe,
and the patient hath better taste of
salt with great thirst, and he feelth
heate & mordication. Wherefore it is
good to drink sirupe of roses, or octi
saccarū simple with sodden water &
cooled. In steede wherof ye may take
endive water, succory, and purcelane
with one parte of wormwood water,
& then take an euacuatiue & purgeth
choler, as is said in the remedies for
peyne of the head cōmyng of cholere,
or let the patient vomite, in geuyng
a sharpe sirupe of sorrell, with warme
water, than putte his finger in his
mouthe, so that he may vomite.
Sick folkes often diseased in the sto
make, demande nothyng elles, but to
take

Of life.

Take away the peyn, nat regardynge
the time while the mater mai be pur
ged by vomitig, glister, or other laxes

Also there chaunceth sometyme so
great payn & sharp, that for debilitie
of vertu, it is good to leaue the cause
& sticke to the swaging of the paine:
wherefore it behoueth to procede in
maner folowynge.

Remedy for all payns of the stomake.

Take camomill, mellilote, worme-
wood, mallowes with their roos-
tes, leaues of baies, parietary, & penny-
riall, of eche a handefull, linseede a
pound, fenugreke half a pound, anise
and fenell seede, of eche half an ounce.

The sayd thynges brused and well
sodden in water, wet therin sponges,
and the licour wel pressed out, and ap-
plied vnto the stomake, one after an o-
ther, and warmynge them agayn, whē
they begyn to coole, swage all maner
payns of the stomak. And afterwarde

G.iii.

re

The Regiment
ye must annoynte the stomacke with
oile of dill and camomill.

An other remedy.

Take an hoggs bladder, and fyl it of
the sayd decocion, and lappe it in a
linnen cloth, and lay it to the stomak
and warme it agayn when it is cold.
But after ye haue made diuers such
applications, ye must anoynt the sto-
make with the oile aforesaid. If the
payn be remouing fro place to place,
it signifieth it cometh of ventositie.
Therefore lay vnto it a bagge full of
meale, salte, & cymyn dried together.

An other remedy.

Take a sponesfull of hote ashes, betwe
thē w good wyne, & couer them with
a linnen cloth: that it go rosid about
the spoone, and lay it to the stomake.

An other remedy.

Take a sheaue of bread merke thicke,
tost it, and wete it in hote oyle of ca-
momyl as hote as it cometh from the
oven, or in oyle of spike, and wrap it
in a

Of life.

a linnen, and lay it vpon the pain.

An other remedy.

Put a great boyrng glasse vpp the
will, and let it be there one houre.

**An other remedy for pain
of the stomake.**

Take two drammes of diacimind,
dianisi, of diagalanga, & drinke it
with a litle good wine, an houre or .ii.
to ye meat. To drinke two ounces of
aluery, with a littell of one of the said
lectuaries, is very good for such pei-
ns as procede of coldnes or vntosue

An other remedy.

Take a dram of galingale in powder
and giue it to drinke with a litle hote
wine, and aboue al thinges for paine
of vntositie, a singular remedy is to
drinke a litle Castor, with good wyne.

An other.

Likewise to drinke two houres be-
fore meat thre or foure ounces of the
 decoction of mintes, anise seedes, cū-
perine, and syne fran kensence.

G.b.

Also

The Regiment

Also it is good to drinke an electu-
ary called aromaticum, wherof
may receiue one lozenge euery morn-
nyng fastyng.

An other speciall medicine.

Take half an ounce of iurpe of ma-
tes, & two draums of ꝑ iurpe of ma-
wood, lignum aloes, and cloves, and
xilo balsamū, of eche in pouder half
a scruple, all myxt together, & drinke
warre. ii. oz. in. houres before meat,
are excedyng profitable.

The sext Chapter, of remedies for diseases of the liver.

The liver is one of ꝑ principal or-
dres & chief instrument of genera-
tiō of bloud, & of other members: It li-
eth on the right side vnder ꝑ most rib-
bes, the whiche is ordeined to digeste
the meate the seconde tyme, & thereof
to make humours that nourisheth all
the members of mans bodye, by his
naturall heat, comforted by heat of the
heart. But som tymes it is greued by
bloud,

come in to much abundance, or be co
with humors, which cause to great
heat, or cold of the same: that both drink
the same.

• A term of 104 ms here (just).

if the truth be to wit, by a use of the

ALL INFORMATION CONTAINED HEREIN IS UNCLASSIFIED
DATE 08-11-2010 BY 60322 UCBAW

Our friends are so close to our hearts that we can't help but love them. We love them so much that we can't help but love them.

THEY WERE TO BE, WHEN

IT IS THE POLICY OF THE BUREAU OF THE

ST. DENIS OF FRANCE, N.Y. 10001

INDUSTRY -

1986-1987

INTERVIEWING - 10 to 12:00 P.M.

...of the line

Wm. H. Rouse & Co., Ltd.

THE UNIVERSITY OF CHICAGO

... otherwise,

...the ...

THE UNIVERSITY OF CHICAGO PRESS

Product: *[illegible]*

The Regiment

Also it is good to drinke an electuare called aromaticum, whereof ye may receiue one lozenge euery morning fasting.

¶ An other speciall medicine.

Take half an ounce of iuyce of mintes, & two drams of h iuyce of wormewood, lig num aloes, and cloues, and xilo balsamū, of eche in poude halfe a scruple, all myxt together, & dronke warme. ii. oz. in. houres befoze meate, are excedyng profitable.

¶ The syxt Chapter, of remedies for diseases of the liver.

The liver is one of h pncipal members & chief instrument of generation of bloud, & of other members: It lieth on the right side vnder h thort ribbes, the whiche is ordeined to digest the meate the seconde tyme, & thereof to make humours that nourisheth all the members of mans bodye, by his naturall heat, comforted by heat of the heart. But somtymes it is greued by bloud,

Of life.

sub in to much abundance, or by co-
rick humors, whiche cause to great
eat, or els by fleume that doth dimi-
sh the same.

A remedy for an hote liver.

If the liver be to hote, by cause of to
much bloude, the person hath red ve-
in, hasty pulse, his veins great & full
he feleth his spattle, mouth & tongue
drier then it was wont to be, where-
fore it is good to be let bloud of the
liver veins on the right arme, and to
eat lettuce, sorrell, purselan, & hoppers
potage, and somtymes to drynke
the water of the said herbs fasting,
or endive water to refresh the liver.

**Regiment for disease of the liver
comyng of blond.**

¶ We must abstaine from drynkyng
wyne, and eatyng of fleshe, and if
meat or drinke ye must otherwise,
wine ought to be watred, & the flesh
boyled with lettuce & sorrell. It is bet-
ter to drinke ptyisan, or stale cyder, & eat
broathe

The Regiment

bzoath of peason, almon mylk, hulled
barly, oz roasted apples, and damaske
prunes, whyles y heat be diminished.
And ye ought euery daie to prouoke
the duty of the wōb, cither by meanes
of suppositoie, oz els otherwise.

If the lyuer be ouer hote by cholere,
the pacient hath his vrine clere and
pelow, without measure, great thirst
without apperite, & sceleth great burn
ning in his body, & cōmonly hath his
bely bound, and hath the face pelowe.

This disease of the liuer chanceth
most in sommer, & for it ye must take
twise in a daie an office of sirupe of en
diue, oz violets, with a good draught
of ptisan, drinke it two oz thre houres
before meat, and also at night to bed
ward, & so to cōtinne. iiii. oz. iiii. daies.

In stede of the said sirupes ye may
take thre ounces of ptisan, oz thre ou
nces of water of endiue, cithore & soze
medled togyther, for eche tyme. Th
the fifth day in the moynng early, 11

Of life.

good to drinke a purgation that
argeth cholere, whiche shalbe made
foloweth.

An excellent pourgation for to
auoide cholere, & may be gi-
uen to mē of all ages.

Take halfe an ounce of cassia new-
ly drawn, a dramme of good ru-
arbe infused a night in water of en-
ne, with a litle spikenard, & an ounce
of sirupe of violettes, mixe all the
ed thynges with thre ounces of pri-
n or whaie, and drinke it warme, as
is said in the other.

Boles for the same.

In stede of the sayd medicine (which
is costly for poore folkes) ye maye
make boles of half an ounce of cassia
and thre drammes of electuarium de
roscato, and eate them. iij. hou-
rs after midnichte, and slepe after it,
at all the daye ye must kepe y^e chābre,
if ye had rather drinke it thā eate it,
mixe the said boles with whay or en-
dive

The Regiment

drinke water, & drinke it at .v. of the clocke
in the morning, but slepe not after it.

Other medicines laxative.

Take halfe an ounce of diaprunis
laxative, mixt with .iii. ounces of decoction
of frech prunes, water of suc-
corp, and drinke it warme at fve of the
clocke in the morning, or els six hou-
res afore meate. In stede of the sayd
diaprunis, ye may take half an ounce
of electuarium de succo rosarū, and
make a laxe as afore is sayd.

And it is to be noted, if the patient
be very weake or easie to work vpon,
ye may take away a dram both of the
diaprunis, & also of succo rosarū. Af-
ter the said purgatiō, it is good to re-
freche the liuer with laying to wound
on the right side, vnder the nether ribs
bes, a plaister of cerotū scandalinū,
spred vpon a linnen cloth of the byg-
nesse of .iiii. fingers, or bath the sayd
place with a linnen cloth wet in water
of endiue, plantayn and roses, warme
mid

Of life.

together. Moreover it is good to
every morning before meat, a lo-
ge of triasandaly, and to drink af-
ter endive water. iiii ounces.

Regiment for heat in the liver.

The patient must abstain from flesh &
fish, strong wine, garlike, onions,
hard, and such other hot meats.
It is good to use broth of pease and
cups, lettuce, poppe, spinage, and
age, and sometime a little vinegre,
it be not greued in the stomake.

This regiment is good also in time
of pestilence, and of to great heate.

A iulep for heat of the liver.

Take half a pound of rosewater, one
quarter of water of endive, and
ounces of sugre, make a iulep, of
the ye shall drinke fasting a good
night. And if ye wyl nedes drinke
betweene meales, lette it be
mingled with. ii. partes of water of
well. And if ye wyl haue it more
cool

The Regiment
coolynge, adde vnto it two ounce of
vinegre, or ꝑ iuyce of a pomgranate.
If the lyuer be colde, for the fleuma-
tike matter ꝑ is in it, the person had
his water white, and out of colour,
the face pale, and his mouth warry,
ittrell bloude, and feeleth heupnes
about his lyuer.

¶ Remedy.

He ought to drinke in the moynyng
early. iiii. oz. iiii. times a sirupe called
oximell diureticū, with the decoction
of sinalache and persely, or with wa-
ters of sinalache and fenell, and after
he must take to purge ꝑ fleume a me-
dicine made as foloweth. Take sꝑ
drāmes of diastinicon, if the person be
strōg: or half an ounce if he be weak
and distemper it iiii. offices of the
decoction of the rootes of sinalache
percely, fenell, & drinke it luke warme
v. or vi. houres afore meate.

In stede of the sayd medicine one
may giue, ii. drammes of agarike

Of life.

sciskes with water of smalache, or
es good fenell.

In other medicine laxative.

Take half an ounce of diacartham,
halfe an ounce of diaprunis laxa-
ue, or as much of electuariū dul-
with thre ounces of percel water
smallache, yslope, or fenell, take it five
oures afore meate.

Regiment.

The patient must drinke good wine,
and vse ginger, cinamome, grains of
paradise, anyse, and fenell, and hotte
herbs in pottage, as sage, isope, time
maroram, and auoid all raw fruites,
and also raw herbes.

Moreover it is very good to make a
maister of smallache, wormewood, &
pikenard in powder, with oile of dill
yngle it, and lay it vpon the liver.

Against stoppynge of the liver,
called oppilation.

DOppilation or stoppynge cometh
sometime in the holownes of the
liver,

The Regimene

liuer, and it is knowen by compassion and pain of the stomache, and is healed by medecines laxatiue, as is declared before.

And sometime the oppilacion is in the veines of the holowe parte of the liuer, & is perceiued then by the grief, whiche the patient feleth in his backe and in his reines. And it is healed by thinges that open, as by sirupes of *ij.* rootes, sirupe of *bisatius*, sirupes of maidenheare, and by drinkeyng the decoccio of raisins, fenel, percel, smal lache, cicorte, or waters stilled of the same herbes. Also rootes of *alisander* is good for the same. *ec.* Sometymes the said oppilacion cometh of grosse bloudde, rearty, and *melancholike*, whiche the members sende vnto the liuer, and because that suche engendred bloud cā haue no issue, nor hath any waie to depart to any other members, therefore be the veines of the liuer stopped by, by the grossenes of *saide*

Of life.

And blond. And it is knowen by h two
that is very hie coloured, & clere.

¶ Remedic.

Geue the patient medicines that
erce, and subtile, as is wine of pome-
granates, sirupe of Carduus, with the
etocoids of cicers. Then let him blond
in the liuer vein, and euery morning
ate a lozenge of triasandaly. Some-
time the said appilacion cometh of a
undance of some humour viscouse
old & fleumaticke, stopping the veines
of h liuer, & then the urine is as clere,
as clere water. ¶ Remedic.

The patiente muste drinke euery
morning the sirupe of oximell squillis
like, with halfe a draughte or more of
the decoction of rootes of smallache,
fenell, and percel. Sometymes vnto
women cometh oppilacion of the li-
uer, by receiuing of their purgacis.
Wherefore it is good to let the blond
on the vein called saphena, whiche is
aboue on the hier side of the insteppe.

¶ 4. And

The Regiment

And let them take after the change of the mone, seuē or eight mornings an opiat called *Trisera magna*: euery tyme an ounce. And after drinke the ounces of water of mugwort, yslope, and fenell, or the decoction of these herbes, or elles the rootes aperitiue, which be smallache, per cely, fenell, as lisander and asperage, boyled in water with $\frac{1}{3}$ third part of odoriferous white wine.

Medicines for the lyuer that may be easily had at all tymes.

Take a good handfull of liuertwort that groweth vpon the Rones, & an other of fumitory, with as much of harts tong, & seeth the in what clarified, and drinke them euery day twice.

The liuer of an hare dried & made in powder, is good for all diseases of the lyuer, as affirmeth Auicene, and other of the Arabians.

Also for heate in the lyuer seeth barberries in whey, and drinke them.

The

Of life.

The. vii. chapter, against the
diseases of the gall.

The gall is placed in the holowness of the liuer, to receiue the superfluitie of cholere, and to send it to the bowels to be auoyded with the grosse excrementes, to the intent to cleanse the bloud of the saide cholere.

To the whiche there cometh oftentimes oppilations in the parties about by the liuer, or beneth in it selfe, next the bowels, causyng great pain, by reason wherof, the choler turneth again vnto the liuer, & there is mingled with y^e bloud, & spred abrode into all the veines of the body, and by this cometh a disease named jaundis (icteris in latin) wherof be thre kinds, that is to say, yelow jaundis that proceedeth of choler, called citrine or yelow greene jaundis, whiche proceedeth of greene choler, & black jaundis that proceedeth of black choler, which is called melancholy, and commonly cometh

¶.iii.

of

The Rectm ent
of the oppilation of the Splene.

The Remedie for Jaundis.

If the Jaundis happen in an ague
before the .viij. daie, the patiente is in
great danger of his life, as Hippocra-
tes saith. But if it appeare in the vi.
daie, beeyng a daie iudiciall or crenke
of the ague, or after, it is a very good
signe.

And then ye must succour nature,
in refreshyng and digestyng þe choler,
with sirupe of violetttes, geuen in the
mornyng with water of mozell, or si-
rupe of endiue with water of cicorie.

After this pouрге the Choler as is
saied in remedies of the Liver. And
then geue hym a lozenge of Triasans-
ball, with Reubarbe, euery mornyng
twoo houres before meate, and drinke
a litle waters of endiue, and Cicorie,
afore the saied Lozenge.

Moreouer, it is good to bathe the
liver, as it is saied afore, and wash the
patientes eyes with vineger, and wo-
mannes

Of life.

mannes milke, and drinke a Disiane
made of barley, liquirice, prunes, & the
rootes of fenell. And if (whē the feuer
is past) the Jaundis tarieth still, the
patient muste drinke water of fenell,
and mozell, with the sirupe of occisat-
arium cōpost, and it is good to late
a quicke tenche vpon the liuer.

Jaundis somtime cometh without
feuer, and maie be healed by thynges
that I declared here befoze, or thus.

Another remedy for
the Jaundis.

Take fower ounces of radishe, and
geue it the sicke to drinke fūe Mo-
nynges, thre houres befoze meat. In
steede wherof it is good to drinke eue-
ry moynyng foure ounces of the de-
coccion of hezehounde, made in white
wine, or as muche of the decoccion of
Cendony and Werbertes, with a litle
Bonie and Saffron.

Another remedy.

Take wormes of the perth called as-
gle

The Regimene

gle twitches, and wash them in white wine, then dry them and drinke them a spoonful at a time, with white wine

¶ Another

We may let hym drynke, vii. or. viii. dayes together in the moynnges, a good draught of the decoction of polirichon, or of maydenheare. The decoction also of wedbynd, or the water of it distilled in a common still, is a souerain medicin for the said disease.

¶ Another singular remedy.

Take coves milke and white wine of ech a pint, and distill them in a still, keepe that water a moneth, and then geue it to the pacient thre ounces in the moynng two houres afore meat, and lykwyse after supper, when he goeth to bedde.

The eighth Chapter, for diseases of the splene.

The splene is a membre long, soft and sponge, being in the left side
109nd

Of life.

opened vnto the holownesse of the stomack, and to the thicke endes of the ribbes, & to the backe, the which is ordeined for to receiue the melancholy humours, and to cleanse the blood of the same, for by that mean the blood remaineth pure and neat. Wherefore it is good nourishing for all the members and is the cause that maketh a bodyc merry, but oftentimes there hapneth oppilatib or debilitie, wherof cometh the blacke faundys.

And somtymes it is greater, fuller, or grosser than it ought to be, by ouer muche melancoly that is not natural, caused of the dregges of the blood engendred in the liuer, & doth hindre generation of good blood wherthrough the members become dry for defaute of good nourishing. And therfore the patient is called splenetike, which ye may know by that, that after meate, they haue payn in their left syde, and are alway heauy, and hath their fa-

The Regiment
ves somewhat enclining vnto blacknes
Remedy.

In opilarions and apostemes of the
splene, whether it be of hot humours
oz of cold, he ought to be let bloud on
þ splene vein called saluatella, which
is in the left hand, betwene the litell
finger, and the next finger which they
call medicus. And ye must draw out
but a lytell bloude.

And if the patient feele a burning
on the left syde, and hath a drye tonge
withoute appetite, it signifieth, that
such disease of the splene, is caused of
an hotte humour. Wherefore ye must
giue the patient four oz. b. mornings
fastyng, sirupe of endiue water, and
hartestong, then a pourgation made
as foloweth. thus.

A goodly purgation to auoyd
melancoly.

The half an ounce of succorosa-
ra, & .iij. ounces of the decoction
of the rotes of capparas, & hartestog
and

Of life.

and make a drinke, the which ye maye
minister in a good day to take pouta
tions, sixe houres afoze meate.

¶ An other.

In steede of that drynke ye maye reme
der half an ounce of cassia, and thre
paines of diasceny, in thre ounces of
shep, or hartestong water, and drynke
it as is aforesayd. After the said purga
tion, ye ought to anoint the splene
with oile of violettes, or oile of lina
seede, or to make a plaister of the said
oile and lynesecde, and the rootes of
capparis, and lay vpon the splene.

Also after the sayde purgation, it
shall be good to lay vpon the splene,
myghtshade, purcelan seide, and pons
der of plantaine, mixt with vinegre,
lyke a plaster, and if the pacient haue
more appetitie then he can digest, and
that he haue belchings of the stomak,
sometymes soure in the mouth, it sig
nifieth the passio splenetik, cometh
by a colde humour melencolicke.

Remes

The Regiment
The Remedy.

Ye must drinke sirupe of Sciadus,
oz harts tong, oz oximel diureticke, in
water of the decoctiō of hartestong,
epithume, smallache rootes, parcel
rootes, tameriscus, and myntes, oz els
only with the decoctiō of hartestong,
and rootes of capers. And then after
purge it frō suche melancoly humoz,
with an ounce of Diacatholicon, & two
drammes of Diasene, dissolved in the
ounces of the said decoction oz water
of wormewood oz hartestonge.

And after this ye must annoynt the
syde of the splene, with oyle of lilies,
oyle of dyll, freshe butter, mary of an
ore, and hennes greace, oz of a dogge
medled together, oz annoynt the said
syde with dialthea. And the patient
ought to drynke white wyne, and the
decoction of hartstong, euening and
mornynge, takynge two fygges, with
pouder of yslope, pepper oz ginger,
but he may put no water in his wine
and

Of life.

and oftentimes he must eate capres
with a little oyle and vineger.

If for the oppilations of the splene
the paciēt hath a pale colour, or leady
the face, and a whiteness of eyes, ta-
king away of appetite, payne in the
left syde with hardnes, and hath his
excrementes black, it is a signe of the
blacke iaudys.

An expert medicine for al diseas-
ses of the splene.

Take the leaues and coddies of seny
the barke of an althe tre scraped & cut
yardenhear, hartestong & liquorice,
seth them al in clere whay, and after
they be strained, drynke of it twice or
thrice a daie tyll ye be amended.

Remedy for the blacke iaudise.

Ye must giue sirupes and purga-
tions, as afoze is said, & to be lette
blood of the veyn saluatella, & after-
warde dryuers tymes euening & mor-
ning, to apply ventoses vpon the sple-
ne without scarifying. Afterward ye
muste

The Regiment

must lay on it a list, wet in good vineger, & kepe it there so long as the heat remaineth in the said list, and warm it thre or foure tymes.

Afterward anoynt the splene with dialthea, & so continue foure or five daies, and other foure or fve daies lay vpon the playster, made of twoo ounces of gumme armoniacke, dissolued in vineger, and spred vpo lether. And if by the foresayde thynges the patient be not eased, the doctours of phisike say, that he must receive the medicines agayn, at the least once in every month, for half a yere together.

Regiment for all oppilations.

The patient ought to vse thynges of easy digestion, and in small quantitie, and ought to absteyn fro breade to litle leuened, cakes, tartes, pasties pies, hogges fleshe, biefe, and poudred meates and fumish, fishe, limmons, prason, beanes, milke, chese, rise, and symmentie, all fried meates, drinke als

Of life.

er supper, wyne and apples, whiche
with all other like, trouble the body.
Also ye must absteyn from much mo-
ving or exercise by & by after meate.
It is good to vse capres, asparage,
coppes, broth of dried peason, with
parsely, or his rootes, smal birdes of
the field, kiddes fleshe, yong mutton,
lambe, chickens, fesauntes, snypes,
partriches, scaled fische, of swete run-
nyng water, with percel, and vines
gre. Few layd egges potched in wa-
ter, are very hollosom, & ye may drinke
white wine or claret, only at meales.
Also it is good to vse cresses, sage, pa-
slope, mintes, fenell, and percel, suc-
cor, scariote, and beeres, and singu-
larly, to take fastyng, half a sponesfull
of redde colewooztes sodden, and to
eate often anise seedes, and fenell.

The nyth chapter for diseases
of the bowels.

If a persone be sicke guttes, thre
small, whych ar sytuat over the
navil,

The Regiment
navill, and thre great, whiche are placed vnder the navill.

The fyrste is called dudenum, because it is .xii. ynches long.

The seconde is called ieiunum, for that nothyng remaineth in it.

The thirde is called Illis, because it is longe and small.

The fourth which is the sprst of the great ones, is called monoculus, because it is like a sacke, & hath but one mouth, & in that same somtymes are worms engendred of ventos it is, that causeth peyn of the belly on the right side, whiche is not the very colyke.

The .v. they cal colon, because it hath many holow places, and it procedeth from the right syde vnder the liver, & it maketh his reuolutio vnto the left syde, wherein is engendred the colyke, whiche is disperfed by all the bealye, more then by any other disease.

The .vi. is called rectum, because it is nye vnto the left kydney, and goth
even

Of life.

even right down in the fundament
Hippocrates calleth the thre bowels
that are next the stomake *Ilia*, that
is to say, smal guts, & the peine of one
of them is callid *Ilia* passio, a very
sharp peyne. *Rasis* calleth it *domine*
miserere. Likewise also *colica* passio,
is called of the gutte colon, which it
diseases ar sisters, forasmuch as thei
come oftentimes both of one cause, &
is to say of the opilation of *h* bowels

Remedy for the colyke, and of

Ilia passio.

Forasmuche as those diseases are
exceedyng eigre, sharp, and almost
impossible of peyn, wherof many ti-
mes foloweth defectio of the strength,
with varietie of medicines, ye ought
incontinently for to helpe them.

First when the said peyns come by
the stoppyng of the bealy, ye muste
give him a glistre mollicatife, made
of the decoction of malows, violers,
beetes, anise seede, and fengreke, with

I. i.

castia

The Regiment

casti a, and common hony, & oile olive,
and after ward the herbes of the said
glister bruised and fried, & laid hot to
twixt. ii. linns, & applyed to the beale.

And if by this meanes & pain ceasse
not, let the paciēt sit vnto the buttoc
kes in the said decoction, & after with
dialthea & butter, anoynt the naupill.
And if the said glister do not woozke
sufficientely, make an other of the
same, or els gyue hym a suppositorie
which is long ynough, made of pure
hony, and sal gemme.

¶ For the wyndy colyke.

Through wyndenes oftentimes co-
mith the colica passio, or isaca, & then
it appereth that the peyne is change-
able, and moving from place to place
and is knowen also by the rombling,
whiche is a noise in the bowels, with
gripengs, and great peine.

¶ Remedy.

Take mallowes, beetes, & mercury
of ech a good handfull, maioram, ris
baies,

Of life.

baleſſ, and camomill, of eche a lptell
handfull, anife ſedes, cummin, of eche
an ounce, make a decoction, and take
therof a pynt and a halfe, and diſſolue
in it an ounce of caſſia, half an ounce
of triacle, and .iii. vnces of oile oliue,
oz of camomil, and make a glyſter, the
which muſt be giuen warm vnto the
patiēt, long before oz after meat. In
ſtede of the ſayd glyſter, ye may giue
him a poūd of oile of linſede, which is
a ſingular thyng to take away al diſ-
eaſes of ſ hely. Also it is good to ma-
ke a mixture with oile of hempſede.

For to appeaſe the peyne cauſ-
ſed of wynde.

Fiſt make a glyſter of malueſate,
oile of camomill, oz dill. If for ſ ſaid
glyſters the peyne ceaſe not, oz els the
patient wyl not take the, take a great
ſponge oz els a felt of a hat, and ſtepe
it in wine of ſ decoction of rue, camo-
myl, maioram, anife ſedes, and cum-
myn. And afterwarde lay it vpon the

J.ii.

peyn,

The Riegmene

pain, as hot as the patient can suffre,
and.iiii.times in the day it is good to
let him drinke wyne, wherein hath ben
sodden rue seedes, carawais, & cum-
myn, Drinke at euery tyme a lytell
draught, & eche day keepe abstinence
from eatyng and drynkynge muche of
other thyngs tyll ye be perfectly hole
A suppositoꝝ for the windy colyke.

Take a dram of rue, in fine pous-
der, and half a dram of cummyn
dried & poudred, and with hony scam-
med, make a suppositoꝝ.

A playster for windy colyke.

Take two handfuls of rue, in fine
poudre, myrrre, and cumin poudred of
eche half an ounce, foure egges yolkes,
and make two plaisters with honye,
and lay on the one at night, and the o-
ther in the morning, vpon the bealy.
Water of camomil, or a decoction of
the same dronken, is good for them
that haue suche diseases. Also a dried
skorpe in powder, and giuen to drinke
with

Of life.

with white wine, is very good.

If ye know that the peyn of the be-
ly cometh through wynde, apply vpon
it a great ventose without incision,
for by that meanes the said peyn will
surely go away, or diminish. If not, it
sheweth that there is some humours that
causeth the said peyn, as fleume or coler.

If by fleume it cometh, ye muste
make a glister of a pint of the decoc-
tion of camomill, rue, wormwood, maio-
ram, melilote, centaure, anise seedes,
and fenell, and in the same decoction
put halfe an ounce of hiera picra, or
halfe an ounce of diascuicon, and .iii.
ounces of oile of dill, or of lilies.

Also ye ought to giue to the patient
sirupe of wormwood, and to make ap-
plication vpon his bealy as hath ben
saide afore, or to lay vnto it grompell
seeds bay salt dried together, whiche
laid vpon the bealy, is likewise good
for the wynde colyke.

If after the sayd thynges the sayd
peyne

It.iii.

The Regiment
peyn continueth, ye must make a pur-
gation as foloweth.

A purgation for colyke, com-
myng of steume,

Take. v. drammes of diastinicon,
iij. ounces of wormwood water, &
make a drinke, the which receyued in
Eyng. iiii. or. v. houres afoze meate,
is very profitable.

For peyne of the colyke com-
myng of choler.

If the said peyne cometh of choler,
whiche is knowen when by the appli-
cation of hot things the peyn increas-
seth, ye must make a glyster of vio-
lets, or geue him half an ounce of succo-
rosarū with ptisan, endiue water, or
wine. And the next morning let him
drinke a ptisane, of the decoction
of prunes, and violet floures, & an-
noint the bely with oyle of violets, or
wete a linnen cloth in cold water, and
lay it therupon. If it do continue still,
the patient must be set in warm wa-
ter

Of life.

ter vp to the hanches, & if the peyne
come of cold, ye must anoint his be-
ly with oyle of baïs and gosegreace,

For the wyndy colyke.

If it be wynde, make a glister of new
mylke with a litle oyle, and the yolke
of an egge, for it is very good. Also it
is good to let hym drynke a dramme
of hierapicra simplex, with .ii. ounces
of water, of cardo benedictus, or pur-
celane or wormewood, and to make a
plaster of lecke leaues fried in oyle &
vineger, and layd vpon the bealy.

Likewyse it is good to drynke the
succe of enula campana, or the sirup
therof, & to wear a plaster vpon þe bel-
ly, made of hony, wormewood & aloes.

A glister for all colyke.

Take the oldest cocke ye can gett, the
which must be well beaten with smal
rodde, and then choppe of the head,
and put in a good sufficiency of wa-
ter, and scalde hym and trymme hym
for to seeth. And within the bealy of

Item.

the

The Regiment

the sayd cocke, put anise sedes, fenel,
cōmyñ, polipody, and the sedes of car
tami, of eche halfe an ounce, turbpyth,
sene, and agarike, bounde surely in
lynnen clothe, of eche two drammes,
floures of camomyl an handful, sieth
them vntil the fleshe go from the bo-
nes, and take of the sayd decoction a
pound, and a quartion of oile of ca-
momill and dill, and thze oꝝ foure oū-
ces of egge yolkes, make a glyster,
whiche must be gyuen warme, long
befoze oꝝ after meate oꝝ drinke.

Willule cochie ar very good foꝝ the
said disese, specially when the glyster
doeth not suffice to pouрге the cause
of the same. Also diamusci and diaci-
minum ar very good lectuaries, if ye
take of one of them a lozenge fasting,
two houres befoze meat. Likewise it
is good to take mithridatum, with a
lytle white wine, oꝝ with the decoctiō
of camomil, foure oꝝ fve houres after
diner, if his bealy be naturallly laxe,
oꝝ els

Of life.

ozels by some suppositoꝝ oz glister.

Against disease of the raines of the backe, and the loynes.

Nephꝛ of the reynes is called nephꝛetica passio, and cometh of some stone oz grauell, and it is moſte lyke vnto the colike in cure, but in causes thei be cleane cōtrary: for the colyke becometh at the lower partes on the right syde, and goeth vꝑ to the hieꝛ partes on the left side of y^e bely, and it lieth rather moze foꝝward then backward: but nephꝛetica passio becometh contrarywise aboue, descēdyng downward, and euer lyeth moze towarde the backe.

Also nephꝛetica is painfuller afoꝛe meate, & the colyke is euermoze greuous after. And often the colyke chaꝛgeth sodeinly, but nephꝛetica cōtrary, for commonly it cometh by littell and litle, for euermoze before, one shal fele paine of the backe with difficultie of brine. Item there is moze difference
for

The Regiment

for the colyke sheweth brines, as it were coloured, but nephretica in the begynnyng is cleare and white, lyke water, and after waxeth thicke, and then appeareth in the bottome of the vessell, lyke redde sande or grauell.

Remedy for peyne of the reynes.

Ye must vse thynges aperitiue, to cause you make water, but afoze ye ought to loose the bealy in takyng an ounce of cassia, an houre before meate: but if youre bealy be harde bound, ye muste take a glister made as hereafter foloweth, befoze ye take the sayd cassia.

A glister for nephretica passio.

Take of marche mallow rootes two ounces, mallowes, violettes, beetes, & marche mallow leaues, floures of camomyl and mellilote, of eche a handfull, melon seede and anyse seede of eche halfe an ounce, wheat bianne an handfull, & decoct it, & take therof half a pound, & distempe in it an ounce of cassia,

Of life.

rassia, & an ounce of course suger, ii. ounces of oile of violets, & an ounce of oile of lilies, make a glister. In the use therof ye may take cowes milke, & two egge yolks, in maner of a glister. And it is to be noted, that in suche a disease, the glister must be greate in quantitie, or els ye shulde make wresling and rumbling in the bealy, whiche shuld be an occasiō of moze pain. After this operation, if the payne be not apeased, ye muste geue an other glister, after the operatiō of which, the paciēt ought to go into som bath, vnto the nauyl, wherin must be sodden mallowes, marche mallowes, beetes, pellitoze, linseede, fenugreke, & floures of camomill, with melilote, al put in a bagge in the said water, & rubbe hym with it: and at his going out of the said bath, ye must take. ii. ounces of sirupe of maydenheare, & radyshe with. iii. ounces of the decoction of lequiritice. Moreover, after the sayde bath

The Regiment

bathe, ye must lay vpon the payne, a
pultes made of herbes, and floures,
with oile of almonds, being in þe said
bag, & .ii. oz. .iii. morninges, take .v. oz.
vi. ounces of þe broth of cicers, sodde
with ypkorice, ozelles drinke water of
pellitory, of cresses, oz of rote's aperis-
tiue, the whiche waters ar very good
for to purge the grauel and the stone
Likewise a very good electuary for
the same, called electuariū ducis, oz
iustinum, philantropos, oz liontripb
if one take a dram oz two after ope-
ratiō of a glister, oz of cassia, oz a pill
of ante cibū, & after to drinke one of
the sayd waters, ozelles a litle white
wyne warmed.

The Regiment aswel for the colyke, as
for the reynes of the backe.

He must fle from al euil qualities
of the aire, as wynde, rain, greate
heate, and greate colde, specially to
kepe him from warning the reins a-
gainst the fire, nor to heate it by any
other

Of life.

other meanes. Also he must abstaine from great repletion at one meale, & to long abstinence from meat, for all these fill the body full of yll humors. Also scape not on the daye, specially after meate, nor lye not on the reiness when ye are asleepe.

And ye ought to eat no salisysh nor no bick, nor other grosse meats. Like wise one oughte for to beware of all soules bred vp in the water, spicery, pasty, & bread not very wel leuened, specially tarts, cakes, & other pasties made of flour. But aboue al, ye must beware of white meats, as milk, chese, raw frutes, hard egges, & as much as is possible, kepe your self fro ire, enuie, melancoly, & other like affections.

For the fluxe of the wombe.

If all fluxes of the belly, cause the excrementes to bee duely ferched for if the disease bee suche, that the meat cometh out, euen as it was receyued, or not halfe digested, the said fluxe

The Regiment

Fluxe is called lienteria. If greata-
bundance of watery humours haue
their issue belowe, the sayd fluxe is
named Diarthen, which is as much to
say as fluxe humozall. And if bloude
or matter appeare with the excremen-
tes in the syckenes, then they call it
Dissenteria, whiche is a great disease
and a dangerous for to cure.

Remedy for the fluxe lienteria.

If as muche as this fluxe cometh
for the mosse part of great debi-
litie of vertue retentive of the stom-
acke, for the great moistnesse of the
same, it is good to giue the sirupe of
wozmetwod and hony of roses, taking
of it with a sponne, or drinke them in
the water of betony, fenell, and wozm-
wood, and if it so be the patient doo
desyre to vomite, it wolde be good for
hym, or let hym take halfe an ounce
of hiera simple, with two ounces of
water of wozmetwod, and if the pa-
tient be strong enough, adde thereto
two

Of life.

two drammes of diastinicon. And after this ye must comfort the stomake with oyle of mastike, spyke, mynte, wormwoodde, or nardine, or with a plaister called cerotū Galeni, spread vpon lether, and after layd vpon the stomake. or make a bagge of wormwood, mintes, and maioram dried, & lay it vpon the stomacke. In the mornynge take a lozenge of aromatis cum rosatum, and a lyttell rinde of cittron cōfit, and before euery meale, take a morsel of conserue of quinces

Remedy for the fluxe humozall
called diarthea.

The sayd fluxe ought not to be restrained afore the. xiiii. day, if nature be not very much ensebled. And somtyme it cometh of hot causes, as of choler, and then one ought, to giue vnto the pacient to drynke afore his meat sirupe of ribes, sirupe of roses, or sirupe of quinces, verve smythes water, and in y^e stede of those sirupes
re

The Regiment
ye may make a iulep thus.

Iulep for the fluxe humozall.

Take rosewater, buglosse, a plantayn, every one half a poind, of al the saunders two drames, and with a quartronn & an half of sugre, make a iulep. In the morning two hours before meat, it is good to giue the patient olde conserue of roses, or a dram of trosciskes of roses, after he hath dronk one of the said sirupes, or of iulep of roses with a lytle of smiths water, wherof the paciēt ought to drink at euery tyme when he is a thyrst.

If in the said fluxe ther be egre matter, & the strength of the patient any thyng constant, ye minister the laus toxic that hereafter ensueth.

Take redde roses, barly, plantayn, of euery one a handfull, sieth them, and in the streingng adde two ounces of ople of roses, one ounce of hony of roses, and the yolke of an egge, & grue it in the maner of a gylester. Some-
tyme

It is expedient to take a medicine by the mouth, and it is made as thus.

A medicine for the fluxe.

Take the ryndes of myrabolan cistrin baken one dramme, rubarbe a little dried vpon a tile, half a dramme, sirup of quinces one ounce, water of plantain .iii. ounces, mingle all together, and let the patient drinke them foure houres before meat, & then giue him a glistre retetue made as thus.

A glistre for the fluxe.

Take oile of roses, of quinces, of masticke, of euery one three ounces, bole armoniak in powder .ii. drams, medle all together, and geue it as a glistre.

Another.

Take the sarce of plantain, of poppe, of bursa pastoris, & oile of quinces, of euery one .ii. ounces, mingle them together, & giue it for a glistre. And if the bowels be excoiated, ye shal giue this peculiar remedy. Take half one

℞. i. pounde

The Regiment
pounde of milke, the water wherein
gaddes of Steele hath ben quenched,
Iuce of plantaine, and oile of quinces
of euery one .ij. ounces, hole armenie
one drame, goates tallowe one ounce,
and make them in a glister, but with-
out vpon the stomake, ye muste lape
this oynment that here foloweth.

An oynment for the fluxe.

Take oyles of roses, quinces, & nut-
tles, of eche an ounce, oyle of mastik
halfe an ounce, pouder of coral & nuts
tes of cyresse, of euery one a drame,
myngle all with waxe, and make an
oynment. Here is to be noted, that the
glisters that are giuen for to stoppe a
fluxe, must be very litle in quantitie.
Ye may heale the fluxe of dysenteria
with giuing thinges before declared
for the fluxe humoral. and take afore
your repast .ij. drammes of cōserue of
quinces, or of marmelade of quinces.
And he ought to drinke water wher-
in hath bene quenched gaddes of Steele.

Of the.

ye must auoyde diuersitie of meates,
and giue your selfe to ease, & to quiet
and sleape a great while. And it is
good to vse grewell, clene barley, & al-
mon mylke, with a litle amudum, and
set ventoses vpon the belly without
cutting, whiche thing is also good in
all fluxes of the body. If the said flux
humozall procedeth of fleume, it shall
appeare of the excrementes þare was-
try & flegmaticke, and than ye oughe
to geue. iiii. oz. iiii. morninges, syrupe
of wormewood, oz of mint, after pur-
gacion as is here folowynge.

¶ A purgaciō for the fluxe humozall.

Take. ii. drammes of mirabolanes
dried on a tile, half a scrupule of aga-
rike in trociske, halfe an ounce of sy-
rupe of mynt, oz. ii. ounces of water of
bawme, & make a potion þ shall be re-
ceiued. iiii. oz. iiii. daies, afore meate.

If ye will make a iulep, take water
of minte, and of bawme, of euery one
halfe a pound, suger a quarterne, and
h. ij. make

The Regiment
make a rule, of the whiche one maye
drinke euening & morning after meat
euery tyme a draughte. Euery morn-
ing it is good to take a lozenge of
the electuary that foloweth.

A noble electuary for the fluxe.

Take powder of diagalanga a dra-
me and a halfe, of redde corall and mas-
sick, of euery one a scruple, trociskes
of terra sigillata halfe a dramme, the
barkes of citrons costis, & quinces, of
euery one thre drammes, suger, dissol-
ued in water of mintes. iiii. ounces,
make an electuarie.

Oyles of wormewood, minte and of
marde, and mastike, are very holsome
to annopite withall the belly, and the
stomake, for the said fluxe.

And the thinges declared of the fluxe
lienteria, be very good in this case,
takinge euer after meat, & morsell of
marmalade. Redde wine is very good
in this fluxe, to drinke at meat with
water of a smith, & likewise all spices
are

Of life.

are good for the same purpose.
Medicines to restrain the fluxe, of
whatsoever cause it be.

Take the peisill of an harte, & dyle
it into pouder, & drinke it. The
water of oken budde, or the very a-
cornes dried and made in pouder, and
dronken in redde wine, is very good.

Item the mawe of a pong leuerette
with the iurce of plantaine, is ex-
ceeding profitable.

The tenth Chapter of diseases of
the matrice.

First against superfluous flux of
the mother, in the whiche ye must
consider whether it do com of to great
quantitie of blood, & then it is good
for to open the beyne saphena, & ab-
staine from al thinges that multiplie
the blood, as egges, wyne & fleshe. Or
whether it cometh of cholere, & then ye
must receiue a litle sirupe of roses po-
megranates, or ribes with water of
h.iii. plans

The Regimene

platain. Than purge the choler that
giueth suche sharpnes to the blood, by
x. drammes of trisera sarracemica, w
two ounces of plantain water, or the
medicaine of reubarbe, written in the
treatise of the fluxe humozall.

After purgacion ye may giue every
mornig a lozēge of triasandayr, or a
draine of trosciskes of roses, in pou-
der, after drinke two ounces of plan-
taine water. And if suche fluxe of the
matrice, happen of the watrinelle of
bloude. giue her to drinke foure or. v
mornings, hony of roses with a litle
water of wormwood, afterward purge
her with a draine and a half of aga-
rike in trosciskes, and half an ounce
of trisera sarasemica, myxt with wa-
ter of minte, and of wormwood.

Ye may know the causes of the sayd
flux, by annointing a threde or clouse
in the sayd blood, for if it hath the co-
loure of vermillion, it signifieth that
the flux cometh of to much blood. If

Of life.

It appere a litle yelowē, it signifieth
that the disease commeth of the subti-
litie and sharpnes of the bloud, ouer-
come with choler. And if it hath a co-
loure like the water in whiche newe
fleſhe is waſhed, it betokeneth the
bloud is muche watry.

And after ye haue purged the prin-
cipal cauſe of þe diſeaſe, your ſeconde
intenciō ſhalbe, by and by to ſtaunche
the ſaid iſſue. Wherin alſo one thing
is to be noted, þ if nature be accuſtō-
med to auoid any ſuperfluites, by cō-
tinual courſe of theſaid flux, it wolde
perchaunce be inconuenient for to ſtop
it, wherfore if ye ſee no reopardye, ye
may reſtraine the ſaid flux this wiſe.

Remedye for to ſtoppe the ſaid flux.

Take trociſkes of white amber, &
make them in powder, & giue a drame
euery morning, & anon after drinke
an ounce, or .ii. of water of plantayne.

In ſtedde of theſe trociſkes, ye may
make a powder of ſanguis draconis.

℞.iiii.

bole

The Regiment

bole armeny, white amber, and red corall, drinking one drāme therof, with plantaine water as is afore said.

An other medicine to staunche the sayde fluxe.

Take two ounces of olde conserue of roses, of the seede of plantaine, two drammes, sanguinis draconis, bole armeny, of euery one a dramme and an halfe, white corall and redde, ana one dramme, make a confection with syrupe of myrtilles, and geue it to drinke morning & euening two houres afore meate, at euery time the quantity of a mcane chesnutte.

For the same.

Applye ventoses vnder the breastes twyse a daye, before dynner and supper, and vse to beare about your necke or holde alwayes in your hand, red corall, iaspis, or a stone called hematites, whiche is a singuler remedy for to stop euery kind of bloody sties, if it be boyn, or tempered in wine and dronke

Of life: J

bronke, or make therof a pouder; and
vse of it euery moynenge with a let-
tell wyne.

For receiuing of the floures.

Sometimes there chanceth vnto wo-
men whē they can not haue their due
purgations, to fall in greuous kin-
des of sickenesses, for the auoydance
wherof, it is good to helpe them and
prouoke the said purgations by such
thyngs as open, which must be giuen
at suche tyme of the moone, as the said
women were wont to haue the same.

And if ye see the womans bloud to
be to grosse and thicke, so that she can
not haue any suche purgaciō, ye must
euery moneth geue her the sirupe of
fumetory, with the decoctiō of borage
and buglosse, and let her bath herselfe
with freshe water boate.

And when she goeth out of h̄ bath in
to the bedde, she must receiue the for-
said sirupe & decoction of h̄ herbe cal-
led ruben tinctoryū or madder.

h. b.

ben

The Regiment

ben in cleare water. In Clande of sy-
rupes ye may take the very suet of
Decoction of the herbes.

And if the womans blond be slimy,
colde, and flegmaticke, then she muste
drinke sirupe of Scadon, and of oxys-
mel Eturelike, and afterward take the
pilles called fetide, and of agarik. And
euery morning after that, she muste
take a draine of trosciskes de murtha
with two ounces of ꝑ decoctid of su-
niper berries, or two drammes of di-
scera magna, and therupon drinke two
ounces of water of Wygwozte.

And if perchaunce ye can not haue
these thinges at neede, ye may take, iii
ounces of the decoctid of alisaunders
the roote of smallache, cinamome, and
a litle saffron, and let her drinke ther-
of two times a daie, and eate no meat
thereafter during foure houres.

Whoeuer it is a proued and expert
medicine, to geue ꝑ first day of ꝑ new
mone a draine of powder made of bo-
ray,

Of life.

ax, which the goldsmithes do occupy
with asmuche cinamome, and a lytle
part of smallache. Also it is verpe
good to haue the veine opened, which
is called saphena, that lieth outwarde
betwene the insteppes and the heele.

And if case so be, that the saide retens-
ion come of superfluitie, or to much
aboundaunce of fat, then the chiefe re-
medy is to suffer much hunger, and to
eate very litle, much exercise and la-
bour to prouoke sweate, and to sleape
as litle as may be possible.

But if it come of great debility and
weaknes of the body, when the natu-
ral strength is overcome by reason of
some sicknes, or after a long ague, in
this case ye may not go about to pro-
voke the sayde purgacion, but with al-
l our endeavour seeke to restore nature
and giue the patient thinges of much
nourishment, as potched egges, good
besse, and good wyne, with other like.

Sometime the said retencion come
meth

The Regiment
merth of the excessive heat of nature,
in some women, specially suche as be
bailant and strong as men, & those
that at wont to much labour, by rea-
son wherof the heate of their bodies
is so strong, that thei nede none of
said purgatiōs, for the superfluities
of their bodies, are sufficiently con-
sumed of the heat alone, therfore thei
haue no nede of the sayd remedies.

¶ For chokynge or suffocation
of the matrice.

The matrice or mother in a wo-
man, oftentimes mouerth vp, to-
ward the mydrefe & the stomake, with
intollerable pains, and is called suf-
focation, bicause that it is choked, or
ouercharged with some euil & super-
fluous matter, as by stopping of the
due purgatiōs, or to much abstinence
of Venus, wherby is often chanced
shortnes of breath, payn of the head,
swoynge, trembling of the heart,
contraction of members, and other
whyles

Of life.

Wiles death without remedy.

A medicin for þe said disease.

Ye must rub the legs and wrestles
of the armes vehemently, & bynde
them with cords or with garters, til
thei wax sore, then set ventoses vpon
the legges, and al to chafe þe stomake
specially beneth round about þe nauill.
And then ye must constrain her to
smell stinkyng things, as assa fetida,
galganum, partriche feathers brent, &
the quenching out of candles, with o-
ther such, but benethe, ye must apply
things of swete odour, as glosflours
marozam, lignum aloes, amber, riuet
and a trosciske of gallia muscata, &
lette her drynke a draught of this res-
cite that foloweth.

A drink for payn of the mother.

Take one draught of mithridatum, &
dissolue it in an ounce & an half of wa-
ter of wormwood, and geue it to her to
drink, afoze she go to meat. 4. houres.

Take

The Regiment
Diuers goodly medicines for diseases of the mother whatsoeuer be the cause.

Take the rasing of iuory, and the rasing of an hartes hoene, with the heare of an hare, dried & made in powder, & as much of goates clauess bent and poudred if they may be gotten, or in stede of it shepes clauess, take all these and vse to eate them in your prage or otherwise, to stoppe the fluxes of the matrice.

In other to prouoke them.

Seeth marigoldes, nept & sauyne in good ale, & drinke it wth a good quantitie of saffron, & a litle honte or sugar.

Item. xij. blacke seedes of pionic, dronken in wine with saffron, purge the matrice of humors, and other. xij. of the red seedes, stauncheth it again, or any other fluxe of the mother.

In other.

These herbes are good to purge the matrice, kine, prony, sauyne, betonye, acpi,

sept, valerian, maide heere, horehousd,
quercy, percelly, gromet, alisander, ma
ygoldes, smallache and a time.

The. xi. Chapter of the cure of the
stone in the reines, & in the bladder.

The stone is one of the most
enormous paines that the body of
man is vexed with, for by it many tra
ies & natural vertues are distracted;
women lose their fruite, afoze the re
ne, cruel & perillous accidentes com
monly do encrease, yea & oftentimes
death without remedy.

Wherefore it shalbe expedient to the
comfort of the pooze folkes, and other
that be greued, to write some good &
holsome medicines for auoiding of
the stone.

And seying that all authours do
affirme the stone to be engendred by
reason of the great heat that is about
the reines, streitnes of the condictes, &
aboundaunce of grosse & slimy humors
of bent choler, whiche by the sarde
excess

The Regiment

excesse of heate, is as one whiche for
baken or dried as clare is in the foun-
neis, and so at last becometh an hard
stone, therfor it is thisly to be noted
that without amending of the foresaid
causes, all that ye doo minister for to
brenke the stone is either hurtful to
the patient, or els of small effect. For
the whiche cause it is very necessary
that the patient kepe a sober diet.

And for the better vnderstandynge
ye shall know, that al wines (whether
they be swete or sharpe, grosse or sub-
till, white or redde) are in this case
vtterly reiected.

Pulses also of what kynde soeuer
they be, as pease, beanes, and such, &
all grosse fleshe, and waterfowles, and
fowles of great bodies, as bustards,
cranes, and suche like, ar in this case
very dangerous and noysome.

Also ye may eate no kind of fruites,
except it be a few melons, ripe prunes,
in small quantitie, & pomegranades,
with

Of life.

With a litle suger and coriander.

Of herbes ye may eate borage, bus
glosse, percel, lettuse, mintes, spinach
and succory in broth of heale, or of a
ponge chicken. Pepes also and rapes
and radyshe, in a smial quantitie, may
be wel inough permitted.

Potched egges are very good in this
case, with a litle veruice, but in any
wise beware of hard chese, for that is
oftentimes the only cause of the sayd
stone. All shel fishes are to be avoided
except it bee a creysse, or a thympe,
measurably taken.

Ye must also take hede that ye eat no
pepper nor hote spices, nor no meates
that are salte, soure, or heauy of diges
tion, and that ye lye not on your back
on nyghtes when ye are aslepe. And
ye ought to kepe your raynes colde &
moyst, and to let your backe bee vn
trussed in the sommer.

After ye haue vled this regiment of
diet by a certain season, it shalbe good

L.i.

for

The Regiment

for you to take an ounce of cassia newly
by drawn out of the cane, and cate it
with a litle suger in the morning.

This ye muste vse euerye seconde
weke, til in time your raignes be miers-
ly wel cleansed of the same, and euery
daie cate a litle cassia, vpon a knyfes
poynte, to kepe your bellie most: for
that is one of the thinges that are
moste required in the sayd cure.

And at diuers other times whē ye
be disposed, ye may take a litle of this
receite hereafter, whiche hath great
vertue to mundifie the reynes, and to
bring the humours to equalitie, with
releasing of the paine, and byngng
out the grauell.

A goodly sirupe to mundifie
the reynes.

Take the broth of a young chicken
sodden till the bones fall a sondre, the
pounde, melon seedes a litle brused an
ounce, percelp rootes, and alsaunder
rootes. i. i. ounces, damaske prunes,
sepesten,

Of life.

pesten, of eche. vi. in nombre, greates
sayns half an ounce, cleane licozice
i. drammes, waters of bozage, endiue,
and hoppel, of eche. iii. drammes, and
with sufficient white suger, boyle the
all vnto the consumpcion of the half
and more, and afterwarde streine the,
and make a goodly sirupe.

This is a thyng of excellent opera-
tion, and an hie secrete in mundifying
of the reines, if ye kepe the diete as is
before described. The dose of it is one
spath or a litle cupful in the morning
earlye, and slepe after it a litle. If ye
wold haue the foresaid sirupe to purge
more choler, then put in it a dramme
of sene reubarbe, with a litle cassia.

Hereafter foloweth a pouder of
excellent operation in breaking
of the stone.

Take the kernels that are within
stones, & drie the on a tyle stone, the
make of them a pouder by it selfe:
℞. ii. after

The Regiment

after that take the rootes alisander percel, parietarie, and hollihocke, of euery one a like muche, and seeth thē all in whyte wyne or els in the broth of a yong chicken, then streine them out into a cleane vessel, and when ye drinke of it, adde as muche of the sayd pouder as ye thinke conuenient, halfe a siluer spoonefull or more, for without doute it hath great effect in bringing out the grauell.

An other expert medicine for them that haue the stone.

There groweth in the galles of some oxen, a certain yelowe stone, some tymes in bignes of a walnut, somewhat long and byttle. If ye take that stone and make of it a pouder, and eate it in your pottage, the weight of one scrupule or more accordig to your strength it is a singuler medicine to thē & can not pisse for stopping of & conduites.

An other singuler medicine for the stone.

Take

Of life.

Take the seede of smallache, percelp,
louage, a sarisfrage, the rotes of phis-
sippendula, chery stones, gromel seede,
and brome seede, of euery one a lyke
muche, make them in fine pouder, and
whē ye be diseased with the stone, cate
of this pouder a sponesfull at ones in
portage, or in brothe of a checken, and
eate nothng after. ii. or thze houres.

¶ The. xii. Chapter of remedies
for the goutte.

The paine in the ioyntes of a mā's
body, as in the handes and feete,
is generally called arthritus. or goutte,
whiche procedeth sometime of debility
of the synowes being lasse and vna-
ble, to consume the humours, that co-
tinually do flowe vnto them.

And for the moste part they are all
deriued from the membre mandant, &
is to save the bzayne, for he is verie
grosse, and engendzeth cuer humours
in himselfe, by reason wherof, muche
of the said humours are deriued into
L.iii. the

Of life.

the nuke and muskles of the backe, & fro thence they descende into the feir, and then it is called podagra, or to the huckle bone, and then it is sciatica, or els into þ hādes, & ther it is chitragra.

¶ Remedy.

Forasmuch as all the sayd kyndes cometh of one beginning, as is shewd afore, and for the better expediciō in that we will be brefe: ye shall fyrste take awaie the superfluous moisture of the brypne, whiche is the roote and fountayne of al the sayd diseases, and that ye may do foure maner of waies. The first is obseruance of dyete inclynnyng toward drynesse, & to auoide all fulnesse of meate and drinke, and not to slepe in any wyse shortlye after meate. And ye muste beware, that ye eate no vaporous meates, nor thyn wyne, nor drinke muche after supper. And if perchaunce the peryne bee very sharpe, it shalbe muche holsonie to the patient, to abstayne from all kyndes of wyne

The Regiment

of wine, and to vse him selfe to small
drinke, which thyng if he can not do,
then let him drinke claret wine mixed
with a good quantitie of water.

The seconde is to purge the brayne
ones a moneth, with the one halfe of
pilles of cochies, and an other half of
pilles assagareth. And in time of hars-
tust, & of somer, with pilles sine qui-
bus, and pilles imperiall, whereof ye
shal giue one drame the night befoze
the full moone, and the daie folowing
ye may grue hym to eate a litle broth
of cicers, with a litle quantitie of rats-
sins of the sunne.

The third is to repressse the fumes
that ascend into the brain after meat,
which thyng may well be done by ea-
ting of a litle bredge, made of anis sede
and coriander.

The fourth is to perfume the brayne
with certeyne thynges conforziatue,
as for example thus.

A good perfume against moif-

L.iiii.

tures

**The Regiment
Cures of the brayne.**

Take fyne frankensence, sandzake,
and mastike, of euery one an ounce, li-
gnum aloes a dramme, make them al
in grosse pouder, and perfume there-
with stoupes made of flaxe oz of cottē
and laye vpon the head.

And when ye haue by this meanes
well and duly comforted the brayne, &
defended of, the originall cause of the
sayde disease, ye shall procede to take
away the matter conioynt, that is de-
scended vnto the synowes, and ye shall
begynne thus.

First ye must preserve the body from
engendring of humours, in takinge eu-
ry morning next your heart a cōserue
made of aloznes, & of floures of roses
mary, mengled with a litle nutmidge
and mastike, and if ye be of power, ye
may drinke a good draught of ypo-
cras oz other spiced drinke, after meat
at dynner and at supper.

Secondarily, ye shall vnderstande,
that

Of life.

that whosoever doth intend to be holpen of the gout, he must every yere be purged two times, preparing first þe matter to digestion with sirupe of Scadous, & duabus radicibus, with the one halfe of waters of sage, pyrmroses and margerim, in maner of a spiced iulep with cinamon, taken. v. continuall moornings. ii. houres afore ye eate any other meate. And after that, ye must receyue a dramme of pelles called arthetikes, or hermodactiles, or of both together egal porcions. Or take halfe an ounce of diacartami two houres after night, and of diaturbith, of euery one two drames, with a little sirupe of hisope.

The reste of the sayd curacion shall be accomplished with the applying of diuers local remedies, wherof ther be sondry kindes & sortes here declared.

Ye ought to rubbe the place that is sore with oyle of roses and a litle vinegre, & after sprinkle vpon the same

L. v. fene

The Regiment
fynre pouder of myrttilles, An other
playster also as hereafter foloweth.

¶ A playster for the goutte.
Take of the emplayster called mellis-
lote. ii. ounces populeo an ounce and a
half, redde roses, myrttilles, and flou-
res of camomil, of euery one a dram,
make a playster and laye vpon the
goutte ioynte.

¶ An other.
Take the iuyce of colewortes and of
malworthe, and with beane flour, and
pouder of redde roses, and the floures
of camomyl, make a playster and laye
it to the soze. ¶ Another.

Take ople of roses, crumes of bread,
yolkes of egges, & cowes mylke, with
a litle saffron, seeth the together a ly-
tle as ye would make a pudding, af-
terwarde sprede them vpon cloutes &
laye vpon the soze.

¶ An other.
Make iye of the ashes of rosemayne,
oz of oke, oz of beane stalkes, & boyle
in it

Of flse.

in it, sauge, molegne, pyrmrose, camomill, and mellitore, & receiue the fumes vpon the soze place, or wette clouties in the sayd decoction, presse them and laye them vpon the payne.

All the sayd remedies are very good to swage the payne of the goute, after the which done, it is necessary to go about the cōforting of ioyntes and synowes, and to that intent ye may apply the grese of pper, oyle of camomill & of althea or bothhocke, oyle of a foxe, oyle of carthwoymes, oyle of pyrmroses, turpentine, oile of gromel brayde, wherwethall, or with one or twoo of them ye may annoynte the soze place, and comforte both the synowes & the ioyntes marucilously. Also this ointment that foloweth is singuler good for thesame purpose.

Take fiue or sixe handfules of walswozte, and serth them well in wyne, then strayne them, and with a lyttle waxe, oyle of Spyke, and aqua vite, make

The Regiment
make an oymntment wherwith ye must
annoynte the place moynnyng and eue-
nyng euery day.

A nother oymntment for the gout.

Take a fatte goose, and plucke her
and trimme her as if she should be ea-
ten, then stuffe the beally within with
twoo oz thre yong cattes, wel chopped
in smal gobbettes, with an handful of
baye salte, then sowe her vp agayne, &
let her roste at a small fire, and kepe
the dryppynge for a pzeious oymntment
against all kyndes of goutes, & other
diseases of the ioyntes.

**Medicines for the gout appo-
pziate in al cases.**

Take cowes donge, and seeth it in
swete mylke, and lay a playster to the
goute hote.

Also the yolkes of egges, womans
mylke, lyncseede, and saffron all toges-
ther in a plaister, swageth the disea-
ses of the gout.

And if ye be disposed to brake the
skinne,

Of life.

skinne, & to let the humours issue (as
by suche many one is eased) ye shall
make a litle plaister of blacke sope, &
aqua vite, whiche will blister it with-
out any great payne.

Also very old harde chese cutte and
soddē in the broth of a gambon of bas-
kon, and afterward stāped with a litle
of the broth, and made in maner of a
plaister, is a singuler remedy for dis-
eases of the gout, & was firste prac-
tised of Galene the prince of all phisi-
cians.

A prayer to God for helpe, against
the perturbacions of the mynd.

O Lord my God, almighty father
and ruler of my life, my health,
my strength, my redemer, and protec-
toure, sende vnto me the heauenly
beames of thy holy spirit, to illumine
the darkenesse of my sonfull harte, &
to guide me to thy holy place. Shewe
me the light of thine abundant mercy
(O Lord) that I may no longer sleape
in

The Regiment

In deedly synne, O only father of light
which in very dede dost lighten every
man that cometh into this world, for
thy great mercies sake it may please
thee, to lighten the eyes of mine heart
and to endue me with the spirite of
grace, that I maye loke vpon myne
owne synne, the great offences wher-
with I haue offended the, & to knowe
þ in my self ther is no maner strength,
for to withstande the death, but only
throughe thee. And I beseeche thee, O
lord, to couer these my carnall eyes, þ
they see no vanitie, and gyue me thy
grace, þ I fal not into concupiscence, to
thend I may eschewe al euil thinges,
and gyue my mynde holpe to the ob-
seruacion of thy commaundementes.
Lord God I beseeche the, that sin may
neither raygne nor tarpe in me, and
that I be not subiecte to myne owne
fleshy appetites, but þ I may expell
out of my thoughtes al vnlawfull lu-
stes, so that my soule and al my mind
may

Of life.

may be set holly vpon the. **L**orde God
suffre not my soule to be oppressed,
but receiue me into the protection of
thy holly hand, and despise not me thy
simple creatur e, whom thou hast re-
demmed with þy precious blood of thine
only sone Iesu Christ. Thy mercy O
lord is aboue al þy thou hast made, for
thou dost defer the punishmēt of the
wicked, if perchaunce they would as-
mende at last, thou lovest al that thou
hast made, & hatest none but for their
owne iniquities. And whē the wicked
turne agayne to the, and cry vnto thy
holly name with all their hartes, by &
by thy mercye is ready to receyue thē,
eue as I mosse detestable sinner come
with hert cōtrite vnto thy mercye this
day: that I may obtayne remission of
my synnes. To the I cry out of þy ve-
ry depth & botome of mine hert, go not
awaye from me my maker & redemer,
but heare þy supplicatiō of my prayer.
For thou arte myne onely hope and
myne

The Regiment
myne inheritaunce in the lande of li-
uers. I haue synned, I haue synned
(O Lorde) and heaped vp iniquitie,
euen against heauen, and afoze the.
But I knowledg myne offences, and
desyre mercy accordyng to thy good-
nesse. Destroy me not (O lord) among
sinners, nor let me not descend into
lake of death, that I by thy crea-
ture being made wor thy onely by the
bounteousnesse of thy grace, may fro
henceforth lyue in thy commaunde-
mentes, loue, honoure, and prayse the.

For al heauenly powers, angels,
thrones, and dominations,
laude and prayse thy
holy name world
without ende.

Amen.

(.i.)

Thus endeth the
Regiment of
lyfe.

HERE BEGIN

neth a goodly briefe treatise of the
Pestilence, with the causes, signes, &
cures of the same: composed and new-
ly recognised by Thomas Phayer,
Audius in Philosophie and phisik,
to the ayde, comfort, and breis
litte of the poore.

To the good reader a preface
of the authour.

After that God almighty, fa-
ther & creatoure of al thinges,
had by his vnsearchable prou-
dence, ordeined mankind to eter-
nall felicitie, and ioye, at the begyn-
ning, he thought it not ynough to
haue created him of nothyng, a bodie
moste excellent perfect & pure both in
membres and senses, aboue al other his
creatures here in erth, but also of his
inestimable goodnesse, endewed hym
with diuers & sondry giftes of grace,
as witte, vnderstanding, mind & reas-
on.

A treatyse of
son, whereby he myght not onely (as
nere as is possible, appoche vnto him
in the knowledge of his heuenly mas-
tastic (as cōcernyng soule) but as wel
ymagine, searche and send out, by all
maner waies, aides, comfortes & re-
medies, wherby also the body myghte
be saued and defended, against all as-
sautes of any thyng that shuld anoy
it: So boūteous and plentiful at his
gifts implāted in our nature, that of
al creatures we myght haue ben the
happiest. But after that syn had en-
tered into the worlde, and by syn death
(as saint Paul saith) our corrupt li-
uynge haue made vs more corrupt
so that now þe life which we lead here,
is not only very pleasant vnto the
moste of men, and if it be to som, yet
it is vncertayne, mutable, and short.
but to many other, it is exceeding gre-
uous, sorrowful, and tedious, subiect
to diseases, infortunes, and calamities,
innumerable, which for the most
part

the pestilence.

parte dooe encrease dayely, euer the
iust vengeance of God falling vpon
vs for our great abominations, and
without doubt we'll euermore en-
dure, vnlesse we doo repent, and liue
in his commaundementes. And to
passe ouer all the hole swarmes of so
many, bothe olde and newe diseases,
wherwith the body of man (alas for
our synnes) is continually tourmen-
ted and vexed, to speake nothyng of
these common and familiar infirmi-
ties, as lepries, agues, cankers, pock-
kes, goutes, pailers, dropsies, reu-
mes, pthisiks, and other out of nū-
ber, which as if they had conspired to
fight against phisicians, can scantly
be appeased with any cure of medicin,
what payne or punishment can there
be imagined to put vs in remēbrāce
of our own wickednes, cause vs to de-
test our abhominable liuings, and to
call for mercy with lamentable heere
more then this only plague and scourge
M.ii, of

The preface.

of God commonly called the pestilence:
Is there any sicknesse that is half so
violent, so furious and so horrible, as
this sicknes is? what disease is ther
in the world so venemous i infecting,
so full of paine in suffering, so hasty
in deuouring, & so difficile in curing,
as the plague is? And yet are we nowe
a daies, so stubburne and so froward
or els so drowned in the myze of fles
hy and carnal appetites, that we nos
thing do regarde these open and ma
nifest tokens of our condemnation in
the syght of God, but apply our hole
studies to perseuer in our synnes e
uer worse and worse: wherfore it is no
meruayle though the sayd disease in
crease, but rather to be feared, that
almighty God will poure his indig
nation vpon vs with some other kind
of plague more violent and terrible then
thesame is.

But to them that do repent, and put
their onely trust in him, who can dooe
but

The pzeface.

but wonder at his infinite benigntie
and goodnes , that euen in the myda
dest of all the sayd afflictions , prouide
beth them of remedies, lest they shold
dispayre : cureth and amenderth all
their grieuous sores, languours and
diseases: he created medicine euē out
of the earth, and of the wyse manne it
shall not be dispised . And surely a=
monges all other sicknesse , is there
none so daūgerous as is the foresaid
plage, for any man to cure by the way
of medicine, for it turneth it self in so
many maner of kindes, likenesses, and
fashions. & they & are infected , are ma
ny times dead, afore it can be knowne
that they haue & same disease. Which
thing although many noble & moste
excellente learned men haue in times
paste worthely considered , and there
vpon accordyng to their singuler know
lege and industries geuen to them of
God, haue wrytten vpon the causes,
sygnes & cures of the sayd disease , so
exactly

The p[re]face.

exactly, so learnedly, and with so great eloquence, and cunning, that there seemeth nothing either to be omitted, or possible to be added, to the perfect curation of the same: and so it would be harde for a man of my slender wit, to inuent the thing that they haue not inuenied, much more in bayne should I go about to write the same thinges, & they haue written already: Yet notwithstanding forasmuche as this disease when it once begynneth, infecteth none so much, as the common people, among whome it is not geuen to all men, to vnderstande the foresayde volumes, yf they hadde them present, muche lesse can they get their healthe by their owne imaginacions or experimentes, specially when almoste no physicion will vouchesafe to visite any suche infected of the common sorte (so great is the daunger of this cruel sickness) by reason wherof, the patientes cast them selues oftentimes in
to dea

The p[re]face.

to despayre, and so many of the poore people, creatures of God, whiche by good medicines myght well ynoughe recouer, for lacke of suche knowledge are bitterly destroyed and caste awaye, to the great pytie of al christen heries continual ruyne of the cōmon weale, with diuers other greuous and huge incommodities, as is dayly scene where the sayd disease raigneth.

I therefore at the reuerence of almighty God, and for the loue that I beare vnto myne euen christen, accordyng to the talent wherewith the lord hath endewed me, vnder the correccion of my frendes the physiciāns, haue take out of diuers & sondry volumes, of the mosse famous authours, that haue most exactly written of the said disease, one peculier, certain and compendious treatise, adding thereunto such holseme & singuler remedies, as I my selfe haue proued, and know to be effectuell, in curing of the same.

M. lili.

Despa

A treatise of
Desiring god almightie, the only an-
thor and restorer of all health, so to
guyde the heries of his supplianes
that the sayd medicines may take ef-
fect in them, accordyng to his giftes:
and as for my labour, I do nothyng
desire, but the loue and fauor of the
gentle readers, whom I praye God
continually to increase in al goodnes.

What is ment or signified by this
woord e pestilence.

Pestilence is none other thing but
a venemous infectiō of the aire,
enamy to the vitall spirites, by a cer-
taine malicious and euill propertie,
(and not of any qualitie elementall,
that is within it selfe.) For euen as
pure triacle is a conforter of lyfe, not
because of heat, cold, moistnes or dry-
nes, but forasmuch as out of all his
composition, there reboundeth a cer-
tain forme, agreyng to the forme of
the vitall spirites of our body, so is
the

the pestilence.

the foresaid vapour enemy to our nature, not for any qualite, as is said before, but for that his proportion is direct euen contrary to oure vitall spirites, consistyng in the heart, whiche vitall spirites, if by the wylle of god, and ordinarie diete, be stronger in the patient than the foresaide vapour is, they driue from the body, and wyl not be infected. And if it happen that the foresaide spirites be weaker then the venim, or the body full of humours apt to putrefaction, then it doeth incourtinent assault the liuely members, and except remedy, bring the body quickly to destruction. But when we do say the vapour to be venomous, we meane not that it is a poison of it selfe in dede, for then shuld euery creature be indifferently infected, & none shuld escape that draweth in breath: but I call it venomous, for that it is of suche a naughty qualite, that it may be lightly conuerted into venim.

¶.v.

that

A treatise of
that is to say apt to burning and cor-
rosiō, as do mercury sublimed, quick
lime or ratten bane, & other such like
kundes of venims. Thus ye may per-
ceiue that all the great daunger that
is in this disease, cometh of & nough-
times of humours, whiche are made apt
to receiue the said vapours, and not
by violence of the infected ayre only.

Of the.iiii. rotes, or causes princi-
pall of the sayd disease, wherof it both
arise and growe, and why it raigneth
in one time more then in another.

The first roote superior and cause
of the pestilence is the wil of God
rightfully punishing wicked menne,
of which rote the holy scripture treat-
eth in many places, as in Deut. the
xviii. chapter. If thou wilt here the
voice of thy lord God, and worke and
fulfil all his commaundementes, the
whiche I commaunde to the this
daye, thy God shall make the more ex-
cellent

the pestilence.

cellent then all the people that be vpon
the earth. &c.

And in diuerse other places, he ge-
ueth manye blessinges to them that
kepe his lawes.

And lykewyse to the people rebelling
and breakyng his commaundementes,
he threateneth manycurses, as where
he sayeth.

If thou wilt not heare the voyce of
thy lord God, to kepe and worke al
his commaundementes, which I com-
maund the this daye, there shall come
vpon thee these curses, and catche the.
Thou shalt be cursed in the cite, and
in the fiede, thy barne shall be cursed,
thy liuyng shall be cursed, the fruite of
thy wombe shall be cursed, the fruite of
thy ground shall be cursed, the heardees
of thy shepe and cattell, shall be cursed,
thou shalt be cursed at thy commyng
in, and cursed at thy going out. Also a
litle after he sayeth: The lord shall toine
to thee the pestilence, till he hath con-
sumed

A treatysse of

Sumed the out of the earth, to the whiche thou shalt go to take possession. The lord shall strike the with povertie, fevers and colde, bournynge and heate, and with a corrupt ayre. &c.

Also in an other place. The Lord shall strike the with the pestilence of Egypt, and the parte of thy body, by the whiche thou auoydest thy donge with a scabbe and itche, and shalt not be able to be cured therof: and let the heauen that is ouer thee, be as harde as brasse by cruel constellations, and the earth on which thou doest treaue be lyke yron that euer wasteth, and waerth worse and worse. There be many other maledictions which our lord hath threatened the rebellious people withal, expessed in maner of holy scripture: but these be sufficient as touchyng our purpose to shew that many times the cause of this disease is the vengeance of almyghty God, rightefully punysshynge men

the pestilence.

men for their offences.

The second roote of the pestilence, which doth depende of the heauenly constellations.

Owe that we haue spoken of the first root superiour, of the which this disease proceedeth, it is also convenient, that we declare somewhat of the seconde roote or cause superiour, that is to wete, of naturall influences of the bodies aboue.

And ye shal vnderstand, that according to the sayng of Marsilius Ficinus (a man of excellent knowledge and no lesse lernyng) in his booke De triplici vita, & in an other which he writeth also of the pestilence: & among al other heauenly bodies, there be .ii. bodies called euill & malicious, that is Saturne & Mars, which oftentimes by their vnholysom influences are cause of manyfold infirmities, specially of the pestilence. Saturne through colde, and Mars by exceste of heat.

A recaptse of
heat. Whaturne thzough cold, is þe cause
of reumes, of þe lepye called elephā-
cia, & al diseases cōmīg of cold matter

Mars by reason of his heate, bring-
geith foozth feuers pestilēcial, spūting
of bloud, water vnder the midbriefe, and
the pleurespē, the whiche is a disēase
engendred like an apostume of chole-
rpe matter in a thicke panicle, oꝛ ill
me vnderneath the ribbes.

A prouident phisicion amōg many
other thinges, ought to consider the
entring of þe sūne into Aries, by true
equacion of the houses and planetes,
foꝛ that influēce hath moze dominaciō
then haue all the other influences of
the hole yere besyde, excepte the supe-
riour cōiunctiōs of þe planetes, oꝛ els
some great eclips. And this entrig of
the sūne into Aries, passeth al the en-
tringes of þe sūne into any other signe

Therfoze pou muste consider how
the lord of the. vi. house in the figure
is disposed, foꝛ he is lord of sickness,
that

the pestilence.

that is to say, you must consider whether he be impedit or no, and if he be impedit, there shall be many sicknesses, according to his nature and his house, that is the. vi. house, as by example thus.

Be in case that Saturne be the lord of the. vi. house, and some earthy signe is in the same house, then most commonly the sickness of that yeare, shall be of like nature, that is, colde and drie.

And ouer this thou must consider, whether that the lord of the. vi. house hath any aspect with the lord of the house of death, or the lord of the house of death to him. then most commonly the ende of those sicknesses that are colde and drie shall be death.

And likewise as it is declared of the entering of the sunne into Tries, so it must be sayde of the coniunctions of the sunne and moone, through all the yeare, marking euery the nature of the planet being in the. vi. house, if there

A treatise of
ther be any, and the aspectes to those
two houses aforesayde. &c.

Also he must consider, whether this
entring of the sunne into Aries, or a-
ny of the coniunctions of the lumina-
ries, be in the eighte house or no, for
then it should be muche worse.

And note, that if the eclipse of the
sunne or mone, be in any of the angles
of γ natiuitie of any person, or in any
of the angles of the reuolution of his
natiuitie, then he shal suffer sicknesse
according to the nature of the same
angles. And if the sayde eclipse be in
the myddest of heauen, he shal suffer
hurte in his honoure and fame: and if
it be in the ascendent, he shalbe grie-
ued in his body, and so forth of other
houses, but it shalbe γ worser, in case
the eclipse be in the ascendent, special-
ly if it be the eclipse of γ sunne, for γ
is the more dangerous of the two, for
asmuche as the effect of γ eclipses of γ
mone, is alwayes finished in the space
of

the pestilence.

of one pere at the moste, sometime in
leile, and for the moste parte in thre
monethes. But the effect of the eclipses
of the sunne, is very long, as it come to
passe, sometime .12. yeres, as witnesseth
Ptolome in his cosmographie.

The Astrologians take the iudge-
ment of the pere, by the entering of the
sunne into Aries, in the first minute,
and if it then happeneth that all the evil pla-
netes be in the eighth house, which is
the house of death, they saye that pere
shal rise a pestilence, and divers other
sickenesses, according to the nature and
condicion of those planetes.

And if the moone in the same en-
tryng be nere unto the coniunction of
the sunne, as sometime happeneth,
within two or thre or foure degrees,
that pere shal be a death and pestilence
vniuersal, and that shortly after that
coniunction, specially at the coming
of the moone and the evil planetes
to infortunes, and as the infortunes
be,

A treatise of
be, the effectes that so appear, be they
more or lesse.

Furthermore, ye muste consider the
great coniunctiō of .v. in. hier planetes
as was the coniunction of Saturne
and Jupiter, the yere of our lordes. M.
cccc. xxb. in the last daye of August, &
the. xiii. degre of Scorpio: which con-
iunction chaunged from an aerie tri-
plici tie to a watry, & it was in a watry
signe, wherof there chaunced verpe
muche sayne, & therupon folowed the
excessive humectacion or moistning of
mannes body, which by and by turned
to putrefaccion, and therupon ensued
perillous & corrupt fevers, pestilen-
ces, and agues, specially because in the
coniunctiō, Saturne was exalted, in
the north aboue Jupiter, whiche Sa-
turne is of ill influence.

Of the third roote or cause of this
outragious sickenes.

The third roote or cause being in-
feriour, is the synche and filthe
sauours

the pestilence.

saours that corrupt that aire, which we lue in: for we can not lue without drawing of the breath, & we haue none other breath, but of the ayre round about vs, whiche if it be stinking, venimous & corrupt, and we by necessity drawe the same vnto vs, immediately corrupteth and infecteth the hart, and the liuely spirites of the same, and after that inuadeth all the other members of the body to infect them in likewise, by reason wherof is engendred a corrupt and venimous feuer of pestilence, very contagious to all that are about them, for the venimous ayre it selfe, is not halfe so vehement to infect, as is the conuersation or breath of them that are infected already, & that by reason of the agreeing of the natures, whiche is the very cause why our bodies be infected by contagion of men, more then any other beastes.

Of the fourth roote or cause of the sayd disease.

A. II.

The

A treatise of

The fourth rooke is, the abuse of
things not naturall, that is to
wete of meate and drinke, of slepe and
watching, of labour and ease, of col-
licke and empollicke, of the passions of
the mynde, & of the immoderate vse of
lechery, for þe excess of all these things
be almost þe causes of all suche
diseases as raighe among vs nowe a
dayes. For all that our meate and
drinke is not digested, further mon
to putrification and to other qualities.
And to muche slepe replenisheth the
body with to great abundance of hu-
mours, but so much watching doth
dreyne vp the naturall humidities.

And as watching doth, so doth im-
moderat labour, and as slepe doth, so
doth rest & ease out of measure, put
the body in great discomfor, and ma-
keth it apte vnto this sickness, as is
dayly sene.

And whoso will be taken as becometh
him in this case, shall neuer be lightly
infected

the pestilence.

infected, & if chaunce he be, he shal ease
selfe with a litle helpe; & sometime by
hery nature only, save him selfe and
ouercome the sickenes.

Howe seing that the causes of this
sayd disease be so great as is afoze re-
herfed, it is not to be wōdered, though
the theng it selfe be verpe huge and
daungerous, and of harde curacion:
wherefoze saith Auicen in his first of
metaphisikes (although he were no
christian:) we must with good & ver-
tuous living mitigate the wrath of
God, and by continuall prayers kepe
our selues still in the state of grace.

Wherefoze wold I counsele every chris-
ten mā, that is in daut of this disease
to cure first the feuer pestilenciell of
his soule, calling for that holisome wa-
ter, the wel of life, wherof it is writtē,
Omnes sitientes venite ad aquas. &c.
Whiche waters he only giueth, that
said to his disciples. Qui biberit ex a-
qua quam ego dabo illi erunt in ven-

A.iii.

tre

A treatise of
treclus aque viue salientes in vitam
eternam. And this done, undoubtedly
the sicknesse of the body shall be the
easier to be cured.

And for because the other soueraine
remedy preseruatiue is to fite the cor-
rupt ayre according to the prouerbe,
Longe, cito, tarde. Flye by times, flye
farte, and come slowly agayne.

¶ Yet for so muche as euery man can
not, nor is of abilitie so for to do, it is
good for them to loke vpon this little
regiment, wher in with the ayde of al-
myghty God the hye Prouision, if the
venyme be not to outragious, he shal
fynde howe to preserue hym selfe well
enough from it.

And for the better knowlege and vnder-
standing of this treatise, ye shal
knowe it is deuided into .ii. partes.

¶ The first is of þe maner to preserue
a man fro the pestilence only by diet,
in suche thinges without the which,
one can not be long alyue in heath.

¶ The

the pestilence.

The seconde treateth of the cure of
the sayde disease by the waye of hols
some medicine.

The firste parte is distribute into
vii. litle chapters.

The first chapter treateth of the es
lection of the ayre.

The second of meates and drinckes.

The third treateth of sleaping and
of waking.

The fourth treateth of exercise.

The fyft of emptines and fulnes.

The syxe speaketh of the accidentes
of the mynde.

The. vii. of medicines preparatiue.

The second parte is deuided into
ix. chapters.

The first howe to knowe whan a
man is infected.

The second, of the cure of the pesti
lence by the way of dyete.

The thyrde, of the cure of the pesti
lence by the power of medicines.

The fourth, of cure therof by letting
B. iiij. of

A treatise of
of bloud, venosities, and purgations.
¶ The .v. of the cure of the same by
outwarde applications.

¶ The .vi. howe to cure the botch cal-
led a Carbuncle, or Anthrax.

¶ The first chapter of the first parte,
treating of the election of the ayre.

Although the disposition of the ayre
cold & drye, or els moderatly moist,
be muche commendable in the tyme of
pestilence, yet there must be moderat-
tion in the same, as well as in the sixe
thynges not natural heretofore decla-
red. For ye must haue a good respect
vnto the complexion, the age, the cus-
tome of liuing, the region, composi-
tion of the bodie, strength the sickenes
tyme, and many other thynges. For
some require an ayre moxe hott, than
other some do, and likewise in other
thynges, the whiche I do remitt vnto
the good discrecion of euery well let-
ned man, and to suche other as haue
any knowledge of naturall thynges.

For

the pestilence.

For the more suerly, it is good for the
p may, to dwell in hygh or luffe groun-
des, hauing in the morning whan the
sunne is vp, a wyndowe open toward
the east, & when the sunne goeth down
an other wyndowe open toward the
west, and close vp all the wyndowes
on the south syde, for that wynd is be-
trayll in tyme of pestilence.

Also it is good to rectifie the ayre
within the house, if it be in somer, by
sprynkling in the chamber vinegre, &
water of roses: if it be wynter or colde
make a lusty fier of cleue wood, & put
in it encence, myrrhe, laurelere, or iuniper,
or cypres: and in tyme temperate,
mingle the hote thynges with the colde
aforesayd.

Whiche sprynklinges, & burninges,
ye may make at all tymes whan ye wil
but specially in the morning, to corre-
recte the vapoures of the night.

I rede in Plotyns, that the Egip-
tians were wont to fume their houses

A. b.

and

A trencile of

and their bodies in the day with turpentine oz rosin, & in the night with mirre cast vpon the coales, & so resteth al venomous apyes & comagions.

The first hath so greate vertue against the pestilence, that we rede how Hippocrates preserved the hole countrey and cite of Athenes, by making of great fyres in the stretes, & all about the towne by night, and so deliuered them fro the certayn death, that shuld haue comen among them. For whiche cause the citizens of the sayde towne, made vnto hym an ymage al of golde; and honoured him aliue as yf he had bene a God.

And it is good in hote time, to strawe the chambrze ful of willowe leaues, and other fresh boughes, which must be gathered after the sunne setting, & lay about your bedde and wyndowes, vine leaues, quinces, pomegranades, oranges, lymons, citrons, and suche other frutes, that are odoriferous, as roses
floures

the pestilence.

floures of nenuphar, violettess, and o-
ther like. And in cold times, take sage
laurel, minte, wormwood, nept, bawme,
ruc, and galingale, whiche thinges ye
may sometyme carpe about with you
in a cloth, to take the ayre of them.

And in time of heate, temper a spöge
oz a cloute in water of roses, & vinea-
gre. And in tyme of cold, ye may adde
to it a litle cinamome, & thus he that
is disposed to haue precious sauours
as yemaunders, oz other suche, may
cöpose the according to the necessitie, &
as h cöplexiö of his body shal requires
Alway taking hede, h women whiche
are with chyld, and they that haue the
suffocatiö of h mother, oz els catarrhs
take no such odour, as shal put them
selues to any daunger, oz displeasure.

In a cold time it is good to holde
in the mouth, zedoway, enula campana
cinamome, cloves, the rinde of a citrö,
lignum aloes, oz any one of the. But
if the season of the yere be hotte, then
take

A treatise of

take corynders prepared, grarnes of
paradyse, launders, seedes of oranges
or of lemons. And in temperer neither
mynge the one with the other. But
it is good in al tymes, to beare about
you paccious stones, (ofre haue the)
specially a iacincte, a rubie, a garnet,
an emeraude, or a saphyre, whiche hath
a special vertue against the pestilence,
e they be the sträger, if they be bozne
vpon youre naked shynne, chiefly vpon
the fourth fenger of the left hande, for
that hath great affinitie with the hert
aboue other membres.

And as touching them that are cha-
tinnally among the sicke of this dis-
ease, they must take hede in any wise,
to kepe them from their breath, and
that they do not stonde betwene them
and the fyre nor receiue the odoure of
their sweates, vrenes, homyles, and o-
ther excrementes of the body, nor to
eate and drinke with the, nor in their
besselles, nor to lye in theyr couches,

the pestilence.

nor weare any of these apparel, except they be well furred, or methered in the cleane ayre.

It is also good to fpe from all places that be corrupte, or stynking, and to kepe y^e streets & houses very swete and cleane. And y^e rulers ought so to prouide, that no filthy donge, nor any brade cartens, be cast into the streets, for that shoulde soe infect the ayre, & bring many mē to death. And during al the tyme of this disease, there ought to be no hore houses vsed, but forbidden and locked vp, til suche tyme they be no further daunger.

¶ The second Chapter, of eatyng and drynkyng.

The meates oughte to be of very light digestiō, moze in somer thē in winter, hauing alway an eye vnto the complexionis, customes and other thynges aforesaid. The houre wher tyme ye shall receyue your meate, is when your appetite cummeth vpon you,

A treatise of.

pon, after the first digestion made,
Great repletio ought to be abhorred,
but a sufficient meale is very holow.
Neither is diuersitie of meates al-
lowed of any phisike, but if ye will haue
diuers sortes, then beginne with the
that are the lightest to digest, and that
best nourissheth the body.

Your bread must be of pure corne,
kept in good ayre, and not fusty, mete-
ly well salted, with sufficient leuen,
baken in a place where none euill ayre
is, and it must be of a day or two daies
olde, or there about.

Wheate is best among al other cor-
nes, euen as wyne among all other li-
cours, although the barley bread be
good for the that mynde to kepe them
leane. Meates of euill taste, after they
be long dead, & stinking fysh in lyke
maner and the fattes of all fishes, and
meates that haue bene twyse sodden,
thicke wyne and troublous, or other
wyse corrupte, waters of marishes.

blacke

the pestilence

blacke groundes, and al such corrupt
meates & drinckes, be very perillous.
But good wyne, sauoury, and cleare,
and good meates taken with an appe-
tite are cause of health, and preserues
from the pestilence.

Winegre is a noble thing in time of
pestilence, if ye haue none other im-
pediment to let you to receiue it, & ye may
correct it according to the nature of the
cause, in suche wise, as may be cōfor-
table to the vital spirites of the harte.

Worage and buglosse, are very good
preseruatues in this case, and so is a
litle quantitie of saffrō, orēges, lymōn,
pamgranades, citrons, pūnes of da-
maske, & other suche, in good conue-
nient quantitie, adding to them a litle
suger, and cynamome for correction.

A nutte is called the triacle of fishe,
shaled & sugered with a litle rose wa-
ter: and as saith Isaac, a nut & a figge
eate taken afore dinner, preserueth a
man from all maner of poysons.

The

A treatise of
The third Chapter, of sleeping
and watching.

To muche slepe engendreth many
humours in the body, specially if
it be in the day tyme, & it buleth the
memozy, and maketh a man vntuly
and aplye to receyue the presence.

Therefore created almighty God the
night, wherein we should rest, and the
daye for to kepe by watching, that we
fall not into sinne and sloth. Quicly
to slepe on the daye tyme is excreading
hurtfull, for when the sinne riseth, he
openeth the pores of the body, & brins
geth the humours and spirites from
within, to the outward parties, which
prouoketh a man to watching, & ex-
cise or workes.

And contrarie wyse when the sinne
goeth downe, as the yges are closed &
conceied, whiche naturally prouoketh
a man to rest.

Whoeuer, the stomacke by the de-
mure heat of the day is naturally dis-

the pestilence.

ted and spred abode: so euer against
night, by reason of the abundance of
the spirites it becometh somewhat feble:
when the night cometh, requirith
to haue quiet, wherby it may acquire
more plenty of spirites for the nourish-
ing of it selfe.

And therefore whosoever taketh in
time of slepe, or slepe when he ought to
wake, he peruerteth and hurteth not
only his memoze, & all his other ver-
tues of the mynde, but also many ty-
mes shal engender apothemes, catarres,
reumes, agues, paises, & many other
greuous & naughty diseases in his bo-
dy. Also ye must take heed, ye watche
not too much, for therof cummeth the
nelle of the brayne, and manye other
sickenesses, that are launchoynerous.
But he that is used to slepe very much,
and can not abstayne in any wyse, let
him slepe in a chayre, or elles sitting
in a place that is colde, but not lying,
if he loue his health.

D.i.

The

A treatise of

The fourth Chapter of exercise.

Moderate exercise of labour is
very necessary to the preserving
of health, according to every mannes
age; custome, complexion, strength,
and suche other, so it be done in the
mornynge, & at even, before any meate,
and in a place of good aire; and not in-
fected with corruption.

Quicenne saith, that he only ought to
abstayne from labour, that nothynge
regardeth the health of his body.

And Galene saith, that exercise quickeneth
the vertues naturall, animal, &
vital. And Rasis telleth of a great pe-
stilence, wherein there were very fewe
saued, because they liued idelly, & wold
do no labour.

Finally default of good exercise is
oftentymes the cause that manne be-
sodainlye. afore they feele them selues
sycke. &c.

The fyft Chapter of emptinesse
and fulnesse.

It is

the pestilence.

It is holtsome for you, enery daye
once to procure the duety of the
wombe, if ye can not naturally, yet at
the least waies seke some other mea-
nes, as by a glyster or suppositoꝝ; for
the long withholdyng of any superflui-
ties, is in this time very dangerous
and hurtfull. And al the time the said
disease endureth, they that haue any
fistules, ought not to be cured.

And they that haue anye issues by
their hemoroides, may not be restrai-
ned without the flux be soze excessive;
e thei that had þ foresaid hemoroides
and were cured afore, let the open the
again for feare of further daunger.
Also thei that are disposed to be scab-
bye, hauing great yche, and suche dy-
seases of the skinne, ought to bryng þ
matter out by rubbyng, and vehemēt
clawyng with their nayles.

Excesse of women, is excedding pes-
tillous, but yf ye can not rule youre
selfe take good hede, ye dooe nothyng

D. 4.

afore

A treatise of
before the first digestion, and till nature
doth prouoke you, for every such ex-
cessive weakeneth more þ body, then if ye
should be let blood. xl times so much,
as witnesseth Plucenna, and is cause
many times of pestilence, & of death.

**The. vi. Chapter of accidentes
of the mynde.**

Ye must beware of all thinges that
should make you to be pensive, he-
ry, thoughtefull, anger, or melanchol-
like, for all suche thinges are enough
to infecte a man alone.

Waste þ time iocfully in good thinges
honest and decent, euery man accord-
ing to his owne heart, and the estate
that God hath called hym vnto.

**The. vii. Chapter of medicines
preseruatues.**

Al the that are of good complexion
and of holisome dyete, neede not to
be purged. For an hole body & bodye
of all humours, is not lightly taken
of the pestilence, as the other are.

But

the pessilence.

But if it be a body full of humours
or a great eater without any excrepse
or rraieple, such ought to lette them-
selues be purged, & they that haue to
much quantitie of blood; or if the blood
be any thing corrupte, they oughte to
aske counsaile of some good experie
phiscions, and not to put their trust
in any wayne booke, that detraceth o-
ther, which in al cases and at al times
geue them mercurie precipitate, and o-
ther medicinest coposius, which for the
moste parte are venime of themselves
and vnder colour of another medicine
do disceine the patient: whether to be-
holde, how craftily they couer it, some
time in stumps, sometimes in sugar, o-
ther times in figges, lozenges, or rava-
sins, lesse it shal appere, as it is in
dede, that they geue the patient very
quicksilver. Some other affirme that
the mercurie is quenched, or thoroughly
mortified, & wotheth none other wyse
but by secret qualitee againste all dy-

Q.iii.

scases

A treatise of
leases in the body of man: for the ex-
celle of elementes sape they, as clerke
corrected in precipitation and aduersion
of the fier. Howe cometh it to passe (if
this be true) that when a litle of it is
set vpon a cole and a pece of fyne gold
adiorned to it, we maye se playnly the
very quicksilver cleuing to the gold,
and will make it as brittle as if it had
lien in verpe rawe mercurie: Yea how
chaunceth it that when it is myngled
with hote creame, it will bee crude as
gayne as it was afoze. And to say the
trueth, the quicke silver rawe, is better
to be dronken, then suche as is subli-
med, for y^e hath bene permitted, bothe
of Dioscorides & of diuers other: But
we neuer reade of any good phisicion
that euer gaue counsel to take y^e preci-
pitate, because of y^e copporose & other
venimous ingredient being with it.
And although that for the time per-
aduerture some escape, & fele not their
effect in dede as many other dooe (y^e is
to saye,

The pestilence.

to save, debilitie of the vertue radicall,
of the stomake & other membres prin-
cipal, purging of the good humours &
leaving the euill within the bodie,
wherof ensueth many times death) yet
they leaue a certayne euill qualitie or
impression of the bodie in all that do
receiue them, and so they make waye
for good phisicions, to the great hurte
of them that haue beleued them.

Such galeantes wuld go proue their
pouder made of quicksiluer, among
Turkes and Saracins. and not by
their euen christen, and their neygh-
bours. But nowe to our intent.

The pilles called pillule communes,
aboue other pilles preseruatiues, are
allowed to bee of best operation, by
reason of a certayne propertie that
they haue within them, as Rufus
the composer of them sageth, that he
neuer sawe any man that vsed the, but
he was preserued from the pestilence.

There goeth into their composition.

D. iiij.

myre

A tractise of
myrr & aloes, which haue great vee-
rue to kepe the body from putrefaction
and are made thus.

Take of aloes epur'd well washed. ii
dyammones, myrrer washed, and saffron,
of eche a dyammonie make them dy with
whete wine, or the iuice of lemons, or
of oranges and suger.

Shoulde take them every third day, the
weight of halfe a dyammonie, in the morn-
nyng. iiii. pyllles and every daye one as
foze supper. Let every man do accord-
ing to his nede, & as his body is res-
plere with humours, but it is good to
drinke after them a good draught of
wine, tempered in a litle water of ro-
ses, or of wormewood, and if they be to
hard, let the be resolved in the sirupe
of lemons, or a litle wine.

Some doctours toyne vnto them o-
ther spices, after the complexion of the
persone, & the humour that they nede
to purge. And they wash the aloes and
the myrrer, in an hote season, and for
hym

the penitence.

hym that hath on hore water, in water
of roses and of endive, but in that let
every man be his owne iudge: yet I
would counsaile them to sticke rather
to the good experimenter that have
beene accustomed, than the fantasies
of their owne imaginations.

The Apocaries ought to haue in
store both the stoo sores, and to see
that they be sufficiently seasoned, and
that the soresaid also be cleere & pure.

They whiche haue the hemoroides
and would vse the stoo sores, let
them aboue a litle mastice, of the same
that is called balaenam. If any haue
a bloody fluxe, or excoction of the
bowels, let him not receiue the wash
out a better counsaile. Women also
griued with child, and they that are
subiect to any fluxe of blood ought
not to receiue them.

Among other things, it is a good
preservative, and a strong well opened
and commended, to eat in the morning

D.v.

fasting

A treatise of :

Tasting one dyer legge, one wolnutte,
and foure oz. v. leanes of rue chapped
all together, and afterward to dryne
a draught of good wyne. But it shalbe
sufficient for the yare to childe, to take
the sayd thinges, leuing out the rue.

In a hote season it is good to tem-
per the sayd wyne with a litle rosewa-
ter oz of violettes. Some other take
v. houres afore dincr. iiii. tymes in a
weke, f. weight of halfe a crown of mi-
thridatum, oz of fine triacle, tempered
in a litle good wine. But in tyme of
heat & for hote cōplexions, it is good
to put in it a litle conserna roses, & to
mingle them with water of sorrell, oz
of borage, oz of buglosse.

Mithridatum is a great medicine as
gainst all kinde of venime, for we rede
that the founder of it, kpng Mithri-
dates, who dydde vse to eate thereof,
could neuer be hurte by any kynde of
porsion. The same Mithridates beyng
overcome in battaile of p. Romaines,
would

the pestilence.

woulde haue killed himselfe with the
moste swiftest popson that coulde bee
deuyed, but when he hadde dronken
many sortes of suche, and neuer a one
wroughte any thyng to purpose, he
caused hym selfe to bee slayne of his
seruauntes, after whose death Roma-
peius, the graue captayn of the hoost,
founde in his secrete coffers, a certain
bill wyrtten of his owne hande, in
effecte thus.

Twenty leaues of rue. ii. fatte figges
two walnattes, and a litle salte, who-
souer eateth of this, shalbe sure from
al kynde of venime that daye.

The good triacle also hath a great
vertue, but there ought to be a punish-
ment of them that doo abuse it with
counterfaicted stuffe, which deceiveth
many people, and causeth the to dye,
that put their trust in it.

Some other take in time of colde, a
cloue oz. ii. of garlike, which is called the
housbandmans triacle, & after drinke
a draught

A treatise of
a draught of good wine, and in hote
time take and eat a few leues of sor-
rell, and drinke a draughte of the wa-
ter therof distilled, for it is excellent &
good in al complexions, yemes and a-
ges. Also it is good to drinke every
morning a draughte against the pesti-
lence that is thus made.

C To drinke for the pestilence.
Take in the month of June or at any
other convenient time, our lady thistle,
burnet, scabious, geriane, sozel, of eue-
ry one a lybe muche, flowers of bu-
glosse, red roses, herbe dragons, and
madeflan or moosin diabol, these as
much as all the other, stepe them all
in white wyne and rosewater, drying
one night, then set them all in a com-
mon stillator, stirring in for euery
pound of herbes, halfe an ounce of bel-
armeny pouder, Augmenting the pro-
portion according to the quantitie of
the herbes: then still a water, and for
euery pint of it, take the weyghte of a
crown

the pessilence
crowne of saffron, half an ounce of pe-
lowe saunders finely poudred, and put
them all in a violle with the foresayde
water stopped, and sette them in the
sunne one moneth. This is a noble
water for a manne which hath the pes-
silence, to drinke.

And he that will, may put a little su-
ger, a powder of cinamome in it, that
it may be more pleasant in the taste.
He that can not fynde the sayde herbe
called masselon, or mozus diabolus, in
latine, let him take the double weighe
of dragons. It hath a roote as a were
halfe eaten of by the myddes, and it is
so called, because the sabel is, the deuill
bit it of, for thenne he hath to ma, lest
we should obtrayne the great vertues
of the same.

The herbe of an unicorn put in the
drinke, whole or i powder, hath a great
effecte against the said dyscase, and a-
gainst all kindes of poyson.

There foloweth a very good preser-
uatiue

A treatise of
uattue for the common people ready
at all times and of small coste.

Take an ounce of leaues of rue, half
an ounce of good segges, one ounce of
Jeniper berries, two ounces of wal-
nuttes piked, .iiii. ounces of vinegre, &
a good quantitie of saffron, kempt al
the foresayde thynges together, and
reserue them in an earthen cuppe, or a
glasse fast stopped, that no ayre pisse,
wherof if ye receyue in the mornynge
vpon a knifes pointe, the quantitie of
a beane, or more, ye shalbe sure by the
grace of God not to be infected in .iiii.
and twenty houres after.

¶ An other pouder for the same.

Take pure and electe bole armony-
acke, not counterfaict, but suche as is
without grauel, smoth, somewhat shi-
nyng, and to the eye a farre of, moste
like a very stone, not to brittle, nor to
hye coulored, for suche is commonly so-
phisticate. Take I saye, the sayde bole
armonysacke & grinde it vnto fine pou-
der,

the pestilence.

her, than washe it in whire wyne or the
rose water, or water of buglosse, sozei,
or wormewoode, or scabious, after-
warde drye it and pouder it again, and
dooe so. v. or .vi. times, euer washing,
dryng and poudryng the same, and at
laste set it vp in a cleane vessell, tyll ye
mede to vse it.

When of hote complexion, if they wil
receiue it, muste take of it a sponesfull
with vineger or water of sozei.

And they that be of colde complexi-
on, maye take it in a litle wyne, or scabis-
ouse water in the morning. For it
preserueth the body, from all corrup-
cion, consumeth the superfluous hu-
mours, and driueth awaye the benygn
from the herte.

An other singular remedy preser-
uatiue for ryche men and delicate
of complexion.

Take zeduarie, lignum aloes, a-
grimoni, saffron, aristologia ro-
tunda, if it may be gotten, whyte pep-
tanye,

A treatise of

saup, gentian, the rinde of a citron, &
seede of citron, of euery one a scruple,
copaunders preparate, turmentill, red
saunders, red copall, red roses, iuny,
mirabolanes, emblicke, of euery one a
dramme, terra sigillata, two drames,
bole armoniak the drammes, pou-
der all these, and with fyue suger, and
syrupe of acerosate riers, make a no-
ble electuare, & kepe it as a treasure
of mans health, in the time of pestilence.

In other sonneraine and goodly re-
ceite both preservative and curative.

The a hennes egge, newly layd, &
make a hole in the croone by the
whiche ye shal draine out al the whiter
therof, and leaue the yolke within the
shell, whiche done, fill the same egge
with goodlyngly the saffron whole, as
much as may be stuffed in the shell,
than dye this egge agaynst the soer,
as in an oven, when the bread is out,
so longe till the shell bee utterly black
and bent, & the rest sufficienly harte.

an d

the pestilence.

and drie, make it in powder in a mortar, and adde to it asmuche powder of mustarde seebe as shall weye all the hole egge: than take this ingredience at the apothecaries: Ditamy, turmētille, nuc vomica, of eche a dramme, powder euery one of them by it selfe, then put them altogether, and put to it rewe, ptonie roote, zedoarie, camphere, and fyne triacle, of eche equall portion, so that the weight of them. be asmuche as all the rest, beat them in a mortar by the space of. ii. houres, tyll all be incorporated together in a lumpe, then put it in a glasse, & kepe it couered with a leafe of gold, in a cold place, for it will last thus. xxx. yeres, without corruption, and is a thing of inestimable balne i this case: the dose of it to p̄serue, is but one halfe peny weight, or lesse, yea the weyght of one barley corne, hath in it a marueylous strength, in defending the body.

But if one were infected already, than

¶ i.

be

A treatise of

he muste receiue afoze letting bloud
ii. oz. iii. graynes after his bleeding
giue hym in the name of God, an hole
scruple, oz two oz. iii. (if his strength
will serue) tempered with wine, for a
hote takeng, and in great colde with
a litle aqua vite, and therupon sweat.
¶ I haue knowen whan the sicke hath
bene viterly desperate, and could re-
teine nothing, yet by the grace of god,
thzough the meanes of . ii. scruples
hereof, mixte with a litle aqua vite,
both the vomite immediately ceased,
and nature recovered, & escaped the
daunger of death.

As concerning swete waters to
sprynkle vpon your clothes and
thynges of plesant odour, to be cast
vpon the coles whan ye arise on mor-
nynges, and also the makeng of good
and holsome pomanders, to smel vpo
in tyme of pestilence, for the contenta-
tion of them that are desyrous. I shal
here rehearse one oz two of euery sort,
to the

the pestilence.

to the intent ye may (whan ye be disposed) epi her vse them, or deuise other of the same makeng: as it shal be requisite according to necessitie.

¶ First a swete water that is made thus.

The water of roses, violettes, or Enenuphar, or one of them, or of al together one pounce, good vineger two ounces, maluesie, muscadene, or other plesaunt wyne, thre ounces, of both the saunders, of eche one drame, and an halfe, camphore, one scruple, and if ye haue any gallia muscata, adde thereto halfe a dramme, myngle them together, and spraye vpon your clothes, when ye be disposed. The righte excellent, and famous doctoure Iohannes Wianardus also, in the thirde epistle of his fyfth booke, doeth shewe, howe to make in tyme of pestilence, two soueraigne perfumes, the one for to serue in summer which is made thus.

¶ 2. 4.

¶ 3. fumes

A treatise of

A fumigation for Smer.

The redde ambre. ii. partes, the
leaves of myrt, floures of nenu-
phar, roses, dyolets, saffron, maces, &
pelowe saunders, of either of the one
part, camphore, ambre, beniamin, halfe
a part, muske, the tenth of one parte,
myngle altogether, this is a pleasant
and comfortable saour in the tyme
of Smer.

But in wynter season ye may
use this.

The storax calamita, pceds, mas-
like, of eche two partes, cloves,
maces, wormys, cinamome, saffron,
of eche one parte, aumbe the fifth of
one part, muske the tenth of one part,
myngle altogether & make a fumigaciō

And of these pouders ye may make
litle balles or pomaunders, to beare a-
bout with you at al tymes, but the last
receite must be well incorporate with
a litle storax liquida, and lapdanum,
& the other with lapdanum, gumme,
draga

the pestilence.

dragagant, and rosewater.

In other goodly pomaunder for
gentlewomen and ladies.

Take the rind of an orange, cloues
lignum aloes, of eche one drāme,
calamus aromaticus, halfe a drāme,
alipra muscata, one drāme, roses,
mirtilles, of euery one half a drāme
nutmidge, cinamome, beniamin, of e-
uery one a scruple, make it by in a
morter, with storax liquida, with suf-
ficient waxe, and maluesey adding in
the ende, of camphore, halfe a scruple or
more.

And in the tyme of pestilence, ye
ought to kepe the house euery day til
the sonne be vp, and if it chaunce that
ye go amōg a great multitude of peo-
ple, where is any danger to be feared:
ye maye chewe a litle zedoary in your
mouth, ones in an houre or twoo, but
hold it not continually for hurting of
the gummes. Zedoariū (as sayeth A-
uicenne in his booke de viribus cor-

¶. iij.

dis)

A treatise of

Dis)co)rdeth the hert, and engendeth
good bloud, it is holisome for the stom-
acke (as affirmeth Plinie) maketh
good digestion, & prouoketh appetite,

¶ Constantine in his booke of ve-
getables sayeth, it hath a great power a-
gainst venyme, and the stynkyng of
the mouth, it breaketh wynde, and cur-
reth & byrtinges of venemous beastes
and serpentes.

¶ When the sunne shyneth in a cleare
daye, ye may walke in gardeynes, me-
dowes. hylles and by ryuers, but be-
ware of lakes, standyng pooles, and
fennes, for oftentymes the effection of
the ayre, aryseth of the corrupte va-
poures, boyleng out of suche unholi-
some places.

The seconde parte, of the cure of one
that is infected with the pesti-
lence already.

¶ Howe to knowe a man that is
infected, the fyrste Cha-
piter.

the pestilence

W I sayde in the begynnyng, howe
the pestilence was engendred of
the corrupt & noughty ayre, turning
all the humours of the body quickely
to corrupcion and to venym. Wher-
fore we muste take hede by tymes, lest
the vitall members be infected of the
said poison, for it euer seeketh to y^e hert,
and if it come vnto the herte afore the
medicine, the is there no recouery, for
not one omōg an hundred lyueth. For
the sayd venym is so swyft, so scarce,
and so boytous of it selfe, that it will
not (without great difficultie) be put
out of possessiō, but driueth away the
medicine from the herte agayne.

But if the medicine come vnto the
hert afore the venym hath the vpper
hande, then he driueth it oute, by the
helpe of the vertue expulsyue, of the
spiritual members. and that expulsiō
commonly is by swette.

And for because sometimes a man is
poisoned, and can not tel hymself, nor

P.iiii.

none

A treatise of
none, that is about him, wherof many
daungers both arise, for as þe proverbe
is, one scabbie shepe infecteth a hole
flocke, therfore it shalbe necessary that
euery man take hede vnto him selfe, &
consydre all the signes & tokens that
shalbe said hereafter: for the more care
that he hath about that, the soner shal
he escape out of the daunger.

And if a mā feleth him selfe infecte,
aboue all thyng let hym remembre
god, for it is a sickenesse þ in a twink-
ling of an eye may bring a mā to death.

First let hym looke whether in his
arme holes, flākes, or vnder his necke
there be any apostemie or swelling, or
whether in any other parties of his
body there appere any grene, blacke, or
euil coulored soze, for that is the signe
that neuer faileth, but the person cer-
tainly is infected. Notwithstanding
euery man infected with þ pestilencie
hath not such blisters, botches or sozes
wherefore ye muste take hede of the
other

the pestilence.

other signes hereafter. that ye be not
deceiued for lacke of þe said apostemes.
But what is the cause þe such aposte-
mes sometimes doth appeare, & some-
times doth notino doubt, but because
that whē the venim is so vehement &
so furious, and hath gotten hold in þe
body of man, nature by reason of the
swiftenesse of the infectio, is so trou-
bled, letted, and entangled, that she ca-
not tel which way to succoure, and so
can driue out none apostemes, & that
is more perillous, thē if ther wer ma-
ny sores. But again, when þe venim is
but meanely furious, & the nature of
the paciēt strōg ynough by reason of
good humours, thē it defendeth it self
and driueth the venim frō the heart &
principall members, to such places as
it may be best auoyded at, which bea-
beth forth by compulsion in botches,
carbuncles and other sores.

The seconde signe is, yf ye feele a
greate prickeng and moteng in your

P. v.

body,

A fecheife of
body, and specially in any of the thre
clenspng places, that is to say þe neche
the arme holes and the flankes.

The thirde signe is when ye fele an
outragious heate within you, as if ye
were in þe fire. Which heate somtyme
spzeadeth it self abroad thorough al the
hole body, and otherwhyle there ary-
seth suche a cold, that it maketh a mā
to shake as if he were in a fever.

Wherin al ye that be infected, must
take hede: for some there be that in the
beginning fele not such a feruēt heate
outwardly, but it is within as greete
as if they burned, with muche heauy-
nesse of þe head, drynesse of þe mouch, &
extreme thirst: Wherby many one are
compelled for to slepe, even for verye
labour of the spiryt, and some other
watche, and are so out of quiete that
a man would thynke they were fallen
in to a phrenesye.

The.iiii. signe is, if great vapours
and fumes aryse out of the body, whē
a man

the pestilence.

a man is in a bath, and woulde sayne sweate, but he can not.

The fifth signe is if the patient can not drawe his breath easely, for many one is so straitte wynded, that he can not speake, and when he breatheth it is with great labour and difficultie.

The sixth signe is vehement payne of the head. suche as is wont to be in a frenesie. But there be some for al that that in the beginning of the infection, fele nothig so great payne as we have spoken of in the head. Notwithstand-
ding this is a general rule, & the pesti-
lence can not be in the body, without some payne, or heauinesse in the head.

The. vii. signe is great desire to slepe, fro & which many one can not abstain him selfe in any wyse, nor can not be kept waking of the & are about hym.

The. viii. signe is chaunging of the syghte, for sometimes there cometh to the patientes eyes, as it were a yelowe colour, sometimes al that he beholderth
hc

A treatise of

he thinketh it to be grene.

The .ix. signe is peine of the mouth,
or an vnnaturall tast, bitter, soure, or
stinkyng. The tenth signe is often
vomiting, bitter, & of diuers colours.
The .xi. is heuinesse and dulnes of all
the hole body, and swoonynge, & weas-
henesse of the limmes. These bee the
principall signes & tokens wherby ye
may perceiue whē any mā is infected.
Not withstanding a these signes are
not euer manifest, for sometimes it is
sene, that one hath had the pestilence, &
felt nothing at all, yea and sometimes
the vyne will be as fayre and as good
to sight, as in a hole man, because the
humours come not at the lyuer, and
the feuer wyl be smal or none, for that
the venime is not in a hote humoure,
and so driueth out no heate, and yet
the patient by and by dieth.

Sometymes also he shall thinke him-
selfe hole, because that nature in the
spylle byunt droue the venome from
the

the pestilence.

the herte, and yet anon after his life
passeth from him, for that nature was
not strong enough at the next assault
either by reason it was vexed & worried
in the firste, or els the venime perad-
venture multiplied or chaunged into
more malignitie or nerer to the herte
than it was afore. Every one in the
beginning semeth legbtly to be better,
for then the strength of nature is ga-
thered altogether to stand against his
enemy, but it is not so in other curill
sickenesses. The patient also manye
times thinketh himself strong enough
because the venime worketh not so
cruelly vpon the other members as it
doth vpon the herte.

Wherefore in tyme of pestilence, when
ye fele your self in any thyng diseased,
dwyne not forth & time in lokyng whē
the signes afore said shuld appeare, nor
stande not in examining or doubtyng
whether ye be infected or no, for ye
may be sure, that so long as this dis-
ease

A treatise of

ease reigneth in the country where
ye are, ye shall haue fewe sicknes-
ses, but either is pestilence already, or els
will be within a while: and so giue
your selfe to the cure of the pestilence,
for while the noughtye influence of
that infection dureth, all superfluous
humours may tightly be infected, &
that is the onely cause, why in tyme of
pestilence, there is so fewe of other in-
firmities. For as soon as many sortes
of other sicknesses do arise, the pesti-
lence abateth and is gone.

And here is to be noted, that whate-
soeuer child in the tyme of pestilence,
be vexed with the wormes, ye may sa-
fely affirme that he is infected, for it
is a matter so disposed to the pesti-
lence, euen as is brimstone, to be kind-
led of the fire. This haue many phi-
sicians not considered, and because of
that, haue bene deceiued in their cure.
Here I haue declined by occasion, but
now to our intent.

When

The pestilence

When one or two, or more of these
segnes aforesayd are knowen to be in
a body, let ym not despyse them, nor
put any foolyshe trust in the strenght of
his complexio, as many one haue done,
e by & by dyed, nor let no man truste to
colour of his vyne, or mouing of the
pulse: for sometymes the strenght is so
excessive in the venyme, that a man is
dead afore the natural vertues are a-
ble for to succour him, or to vyue a-
waye the venym from the herte. And
herein haue many wise phisicions also
bene deceiued, and haue euil iudged of
the patientes pronostike.

Thertore by and by without delape,
ye muste administer some good and
holosome medicine, as shalbe said here-
after, or elles the stilled water that
we spake of in the former Chapter, or
some other valiasit medicine against
the pestilence, that it may descend vnto
the hert afore the venyme haue the
vypperhande of nature.

For

A treatise of

For if it be once settled at the heart, I
affirme plainly, there is no hope at al.
Yet there be some fooles, that tarry
till the twelfth or thirteenth houre, or the fourth
twentieth, after the infection, and they
boast their felicity that they will heale
the patient, but that is a manifest & a
shameful error, for if any by chance
is so recovered, it cometh of God, &
not of any medicine, for where as one
so escapeth, an hundred other perishe.

Notwithstanding if the case so be
that ye be not called, or can get no
remedy afore the said tyme, cast not
your selfe in dispayre, or put not the
patient in discomfort, take or geue your
medicine in the name of God, & if ye
can not brooke it, take as much again
and do so many times till ye may re-
taine it, then lay ye downe to sleape,
and left vp your herte to God, calling
vpon him, without whom there is no
health, & by the grace of Iesu, ye need
not to be fearful of death, for that that
is in

the pestilence.

is impossible to man, is easy ynough
with God, yea many tymes nature
worketh it selfe, aboue al natural ex-
pectacion. But I counsel at the first
beginnyng to receyue the medicines,
when a . . . of the foresayde signes ap-
peareth, or when ye fele your selfe di-
seased: for the venym perceith soner to
the herte of the cholerike, then either
of the sanguine or the melancholyke,
although the sanguines are apter to
infection, then the other are, chesely if
the sickenesse be in sommer.

They that are of melancholy be not
rightly taken, but in case they be, then
the cure is very dangerous and hard.

Therefore I saye, take heede at the
beginnyng as the prouerbe is.

*Principiis obsta, sero medicina parat.
Cum mala per longas inualuere moras.*

Take the medicine quickly, and let
the self bloud, and remember God the
physicion of thy soule, and without
doubt thou shalt wel ynough recouer.

A. J.

Howe

A treatise of

Nowe we haue declared the signes
by whiche ye may easely knowe whan
a person is infected, and we sayde it
was conuenient to take the medicine
as soone as anye of them appeareth,
withouta ny longer taryng, afoze the
venyme commeth to the hearte, here
we wyl enfourme you, howe ye shall
perceiue whether the saide venyme be
settled in the hearte or no.

Take a dramme of bole armeny made
in powder, according to the doctrine of
the last chapter in the first part. & if ye
can not get it, take some other excellēt
medicine against p pestilence, namely
one of the receptes that shall be sayde
hereafter, & geue it to the patient, but
there can nothyng be better, then the
foresayd powder if he haue it at hand.

Take I saye therof one dramme, &
an ounce of white wyne, and odorifer-
rous, with two ounces of water of ros-
es, mingle them, and geue them to the
patient. The black receite declared in
the

the pestilence.

the Chapter of preseruatiues, may be well vsed in steede of the bole.

And if he maye retayne the drynke within his stomake, it is a good signe that the venim was not at the hearte afoze he toke the medicine, and therefore he may be let bloude well inough.

But if the pacient can not broke the saide drinke, but cast it vp & vomite, then ye may be sure, that the venym hath bene at þ hert afoze þ medicine.

Therefore by and by wash his mouth with wine, or with water of scabious, or sozel, or of roses, and it ought to be very well mundified and censed.

Then geue hym an other dose of the sayd drinke, and heat a crust of bread, and holde it to his nose, that he maye the better kepe the foresayd porcion.

And if the seconde tyme he caste it vp agayne, and is not able to retayne it, wash his mouth as is sayd before, and geue it him the third tyme, with a little vineger, that it may perse the bet-

D.ii. ter, and

A treatise of

ter, and so fix or seven times, if he do not holde it, geue it hym agayne, and then whether he retayneth it, or retayneth it not, by and by ye ought to let hym bloude.

But in case the patient were infected xxiii. houres afoze ye geue the drinke neuer let him bloud, for y can nothing helpe him, but rather make him feble, but administer a medicine ordeyned for the pestilence, as is sayde afoze, or suche as shalbe spoken of hereafter, & el, as done, prouoke him to sweate.

Nowe to our purpose as concerning dyet.

The second Chapter, of the cure of pestilence, by the waye of dyet.

First as sone as euer the patient feleth himselfe infected, it is very good to auoyde the corrupt ayre, by chaunging into some other place: or els if he can not so, let him rectifie the ayre of his own house, or of his chamber, with water of roses and vineger,

the peſilence.

or els with fumigacions as is ſpoken
of befoze, according to the quality of þ
time, & the complexion of his own body.

Moreover it is good for him to ſhift
ten his bedde out of one chamber into
another, and from that to the firſt a-
gaine the next daye, euer rectifying
the ayre of them both, as is aforeſaid.

And as touching meat and drinke,
he ought not to abſtain, or yet to take
anye ſuperfluyties, for to eat good
meates meafurably (thoughe it be a-
gainſt his ſtomake) yet in this diſeaſe
it ſhall do him muche good: Let hym
eat the brothe of chickens, capons, or
colerſes of rabbettes, and ſuche like
meates, with a litle ſozel ſauce, or vis-
neger, & roſewater, or wyne of pome-
granades, (if they may be gotten) or
wyne of barberyes, and ſuche other.

If ye wil haue other kinde of ſau-
ces or a pouder to ſrowe vpon youre
meate, ye may make it after this ſorte.

Take graines of paradise, whyte

Al. diptanpe,

A treatise of
Dyptange, of eche an ounce, fine powder
of cinamome, and cloues, of eche halfe
an ounce, make them all in powder, &
mynge it with suger. In this disease
ye maye cate no queysse meates, as
eles, gese, duckes, and other suche as
be euill.

I call them euill meates, whiche
(according vnto Galene De differens-
tiis febrium) are eyther euill of their
owne nature, or els if thei be naturall-
ly good, yet by reason of some putre-
faction, are as muche or moze vnhol-
some, as the other are, partelpe so, be-
cause of long keepnge, vncleane and
naughtie dresyng, or when they be laid
by in a filthye or stynkyng place, and
partly by some ill infectiō, when they
were alieue: for he that vsed such kynd
of meates, is oftentymes accoumbred
with manye naughtie sykenesses, as
corrupt & pestilencial feuers, scabbes
puittles, leppies, and other euill infir-
mities.

the presence.

All fische in this case are to be auoided. Brothe of gruell, made with borage, buglosse, endiue, succorpe, sozell, purcelane, and other like herbes, with a litle saffrō, and cleane wheat floure, or the crummes of breade in a brothe of cheekyns, or without a broth, maye be well administrēd.

Dorched egges also with sozell sauce and cinamome, vineger & roscwater, are maruelous good in this case.

And if the heate be very vehement, as well after meate, as afore, he maye wel drinke a draught of sodden water with the iuice of ozenges, limons, citrons, or of some apples, wel mingled together, to quēch the venimous fumes that myght rise vp to the brayne. And if the patient be young, and stronge, hauing a good stomake, hole wynded, hoate of complexion, and in tyme of heate, not subiecte to the colicke, nor to none hydropsye, nor apostumes in the bowelles, he maye drinke a good

℞. iiii. draughte

A treatise of

draughte of twoo of cleare and colde
water comyng out of a rocke, or of a
runnyng water, or of a fayne spring.
For when nothyng els can mitigate
the thyrste, yet wylle cleare water by
lytle and lytle, dymmysh the heate.
But ye must beware ye take no great
excesse.

A prisane with suger of roses, is be-
ry good to drinke betwene meales.

The patient ought not for to sleape
during the first. xxiii. houres, and in
the tyme he receiueh his medicines.
Afterwarde he maye slepe a litle at
once, to comferte the weakenesse of the
spirites, and he ought euery daye to
go to slepe once.

And aboue al other thinges let him
not dyspayre, but bidde hym be of good
comfote, and doubt not of his health,
so he take no thought, but as muche
as is possible, make hym to reioyse as
well by communicatis as by musike,
and bryngyng in vnto hym good and
holysome

the pestilence.

holsome herbes, fruptes, boughes and other thinges of comfort, but yet notwithstanding see that he remember God, & not forget his owne consciēce, for in this sicknesse the worst is ever to be feared.

The thirde Chapter, of the cure of pestilence by the way of medicine.

As soon as euer ye fele your seife infecte, take of the poultre of bole armoniake, in maner and forme afore declared, or of the blake receite. the weyghte of half a crown, more or lesse, according to the vertue of the patient, myngled with the water of roses, and a litle vineger, as is sayde afore, and drinke it all at one draught.

And if ye can not get the foresaid powder, or peraduenture ye wil abhorre to take it, the drinke a litle porciō of this receit following, whiche is very excellent.

A receite against the pestilence.

Take the roe of turmentile dyed in the shadowe, of saffron, and of

M. v.

mustarde

A treatise of
mustarde seede as much of one as of an
other, make of them a powder, and in-
corporate it with the thirde parte of
mithridatum, or of syne triacle, with a
litle strong vineger, in maner of an
opiate, kepe it in an earthen vessell
close, and in tyme of nede vse it. The
worrhie of it at once, is from halfe a
dramme vpwarde.

This receite woorketh moze vpon
the venim then it doth vpon the seuer.
And euery day foloweng it is good to
take a litle sirupe of limons, with wa-
ter of sozell, or of marfalon, or of our
lady theistle.

And he that hath none of the sayde
sirupes, let hym vse the waters of the
same herbes, or the good water that I
haue discribed in the chapier of medio-
cines preseruatiues.

Diucenne saierh, that whosoever tak-
eth an onyon & drynkerh it in mylke
fasting in a mornynge, he shall be safe
that daye from all infections of the
pestis

the pestilence.

pestilence. Therfore some are wont to
roast two or thre onions, & to eat the
with vineger and brown bread nexte
their hearte afore they enter into any
suspect ayre. And haue founde health
in their so doyng.

Johannes Manardus, a manne of
thye knowledge in the arte of medi-
cine, and of great aucthorytie amōges
al learned men, describeth in his booke
of Epistles, a very good recette, as wel
preservatiue as curatiue deuised by
himself for lacke of good triacle, & is of
merueilous operaciō, as well in this
disease, as in healyng al maner veny-
mous woundes, both of adders, snakes
and other kinde of serpentes. The re-
cett of this noble medicine is this.

Manardus medicine for the
pestilence.

Take the dried bloude of a drake,
and of a duche, of a gosse, and of a
kid, rue, fenell seede, the seede of cumine,
bille, & of wild nepes, or garbē nepes, or
rapes

A treatise of
rapes, of euerp one. iiii. drammes, the
roote of genciane, trissole, squinantu,
frankenlence, roses dyed, of eche. iiii.
drammes. White pepper and long,
cost, valerian, anyse, cinamome of eche
ii. drammes. myzihē, narde, of eche. vi.
drammes, beniamin, assarium, gumme
armoniake, of eche thre drammes, a-
loes, agarike, of eche twoo drammes,
carpobalsami. xx. graines, treos, sasa-
fron, reubarbe, and reupontike, gryn-
ger, mastike, of eche one dramme, sis-
cades, siue drammes.

Make a fine powder of these, and
with foure times asmuche of clarified
hony, inpygle all together, and kepe it
in a siluer vessell or a glasse stopped,
for it is an hie treasure, in such a case.
The dose of it is twoo drammes in
wynne or water of sorrell.

There foloweth an electuarie of a
wonderfull vertue, in the tyme
of pestilence.

This electuarie is of so great ver-
tue, in

the pestilence

tue, in them that do receyue it once in
xxiii. houres, that they maye be sure
from all euill infections of corrupte
ayres & contagious, all the day after.

But in them that are infecte alrea-
dy, and are taken with the pestilence,
if they drinke of it but one sponesfull,
as shalbe sayd hereafter, (specially af-
ter lettyng bloude, if it be convenient
to the patient) and laye hym downe &
sweat vpo the same, if the venym hath
not vtterly ouercome the heart, he
shall vn doubtedly recouer.

It hath bene lately proued, that after
drinking of the same medicine whan
a patient made his water in an vinal
the glasse hath burst in pieces, by rea-
son of the venim that it purged out.

This is the making of the sayd
electuary.

Take cinamome electe, one ounce,
terra sigillata. vi. drānes, sine nigr. l. e
iii. drānes, vnicoznes hozne. i. drāne
the seide and rinde of citron, rootes of
diptam,

A treatise of
diptamy, burnet, tormentille, zedoary,
redde cozall, ana, drammes. ii. yelow
saunders. iiii. scrupules, red saunders,
ii. scrupules, whit bean & red floures
of marigoldes, ana, one dramme, iue-
rye, rased, scabiousse, beronici tunici,
sede of basile, & bone of a stagges hert
saffron, ana. ii. scrupules, make a fyne
pouder, and adde vnto it of bole armo-
niacke preparate two ounces, white su-
ger thre pounce, and with a sirupe of
acetositate citri, make a goodly elec-
tuary, and kepe it in a glasse.

If the pestilence cometh with great
excesse of heat, drinke it vpon rosewa-
ter, and vineger, but if ye fele it colde,
take in it a draught of wyne, & couer
ye with clothes, so that ye may sweate
as long as is possible, for without
dout, it is a present remedy as I my
selfe haue oftentimes proued.

An other deuine medicine, in a
liquide forme,

Take rue, wormwood and balmie
the

the pestilence.

the herbe, of eche a like porcion, of celidony, both herbe and rote as much as all the other, so that ye haue of them all a good bygge handfull, washe the rote of celidony, very cleane & purely, in wyne or in fayre clere water, than put them all into a new pot of earth inclosed within, and poure vpon the herbes, halfe a pounce of the moste strongest vineger ye can gette, couer them with lute, and lute the mouth of the pottle, with lute sapientie, whiche is made of wheate flour & the white of an egge, that no breath may issue, and seeth it eight or ix. houres, with a softe fyre, than let it cole by litle and litle, and after strayne the herbe, and sette the lycoure in the soune to rectifye.

¶ When a person is infected with the pestilence: first as I sayde afore, let him bledde in a due bayne, than geue him a sponsefull of this lycoure, with as much as a nurse of triacle if so be he haue any, luke warme, by and by let a crulle

A treatise of

a cruiste of bread all hote, be dipped in
vineger, and holde to his mouth, that
he may the better brooke the medicine.

And if he chaunce to vomite, in con-
tinente washe his mouth with wyne,
and cause hym to receyue again an o-
ther sponckful, and so it nedē be. v. or vi
times, til ye se that he retaine it, which
is a very good sygne, if he so do.

After this set him in a warme bed
coucred, that he may swiate out the res-
idue of the venime, and by the grace
of God he shall escape the daunger.

This is a medicine of infinite vertue
But if the patient haue a great heat
geue him no triacle, or els very little.

The fourth Chapter of the cure of
pestilence, by lettynge of blood, venos-
ses, and purgacions.

Although phlebotomy or lettynge of
bloud, be one of the chief thinges
that are required to the cure of the pe-
stilence, yet for lacke of vnderstanding,
and lettynge bloud other wyse than be-
houth,

the pestilence.

houeth, manye one is cast awaye: and
therefore euery good man barbourge
ought for to take heede, that he hurte
not them, whiche come vnto hym for
helpe (for that were a great shame)
whiche he shall neuer do, if he ponder
wel the thinges, I shalbe said herafter.

This is a generall rule.

In the time of pestilence whan a
body is infect, ye may not haue re-
specte either to the signe, the day or
hour: but whether the mone be there
or not, or what aspectes so euer be in
planettes let hym blede forth within
the name of God.

Young men and sanguine, and they
that haue aboundaunce of fleshe, and of
bloud myngled with other humours,
ought to blede somewhat more in qua-
titie, but alwayes kepe a moderacio,
that ye take not out to great a qua-
titie at once.

It is better to let him bloud stoppe,
leauing the wounde of the first stroke
R.i. open,

A treatise of

open, and annoynt it with a litle oile,
and after foure or fīue houres, let him
blede in the same wounde againe, but
without styekyng if it be possible.

But alwaies geue an eye to the
strength of the patient, that it be not
enfebled: and agayne beware, that ye
haue taken awaie the rankest, and the
strongest ventme, wherin if ye be doubt-
full, take the counsaile of some good
expert phisicion.

Also ye must note, that ye may not let
bloud to any chyldren within the age
of. xiiii. yere; nor to olde men aboue
fifty yere olde, nor to women great
with chyldre, specially nere vnto their
tyme, nor when their due purgacions
is vpon the, nor to the that are newly
brought to bedde, or within a weke or
ii. after she is purified, generally to
none whiche is weake & feble in hyr
body. We shall also note, that there are
some olde menne of better strength &
complexion, than many yong are of, &
agayne

the pestilence.

agayne, dyuers young chylidren of ten
or twelue yeres olde, are of higher co-
rage, and of as good strength, as they
that are many yeres elder. In suche
cases, a litle euentaciō of the infected
bloud, may be the sauing of their ly-
ues, so that all thinges be done with
good discretion.

It is wisdom also to let them bloud
lying vpo their backs, whō ye thinke
would faint in standing or in sitting.
And if the case do require the lettyng
of bloud, and the patient be not able
to beare it for any of the causes afore
reherfed, it is good to apply ventoses,
in maner and fourme as I shall de-
clare hereafter.

And here we should saye somewhat of
the great error that many do com-
mit in taking one vyne for an other,
for by such errors is the venim dra-
wen many tymes vnto the hearie, and
so procureth death vnto the patient.

Wherefore, that ye may not be dis-
ceyued,

B. ii.

A treatise of
ceyued, ever in the pestilence let hym
bloud on that side that the soze is on,
and not on the contrary syde, in ane
wyse, for that should drawe the venim
ouerthwarte the membres spirituall,
and so destroy the man.

But oz euer ye let hym bloud, it is
good to geue some good and holsome
medicynne against the venyme, such as
is declared in the chapters herebefore

If the botche appeare vnderneath þe
eares, let him bloud in the head beine
of þe same arme, oz els in the braunche
of the same veyne, whiche is vpon the
hād, betwene the midle finger and the
next that is adioynng.

If it appeare vnder the throte, take
the same veyne, and within a myle af-
ter, it is good to open the two veynes
vnderneath the tongue.

If the soze be set within the armes
holes, take the veyne called mediana,
whiche is betwene the foresayde head
veyne, and the veyne commyng from
the

the pestilence.

the lyuer.

If the soze be set within the flanks, than ye must open the veyne called saphena, whiche is about the ancle of the fore, on the inner syde: and if ye can not fynde it there, take the branch of it, & is betwene the greate toe, and the nexte vnto hym, but the letting of bloud in that bayne is forbidden vnto women when they be in health.

And if there appere .ii. botches, one on euery syde, **M**anardus geueth counsell to take the right syde and not the left. And in case ther doth appere no signe of botching or swelling, thā he biddeth you to open both the veynes saphenas on the right syde and the lefte.

Notwithstanding, **M**arsilius **F**linus is of a contrarpe opinion, and sayeth that it is best when there doth no soze appeare, to take the common veyne on the right arme.

I thinke herein **M**anardus counsell rather to be folowed.

R. iii.

But

A treatise of

But if ye see the botche standing out-
warde, more toward the bounche, tha-
ye must open the veyne caled sciatica,
whiche is about the ancle of the fote,
on the outsyde. The whiche openynge
of the veines must be done as sone as
is possible, alwaye presupposed, that
he hath receiued one or other medicine
agaynst the benym, and that he sleape
not in any wise, as is afore mencioned.

And to them that can not lawfully
be letten bloud, ye must in al hast ap-
plye many ventoses, with scarificatio-
on without sacrfying, as it semeth
best to your discretio, so ye take a rea-
sonable order thus. If the soze be vnder
the eares, or about the throte, lette
poure ventoses be applied behynde
vpon the necke.

If the botch appere vnder the armes
set your ventoses behynde vpon the
shulders. If the soze be in the flanke,
or thyes, lette poure ventoses be sette
vpon the buttockes.

And

the pestilence.

And if the pacient be replete with humours and strong, hauyng no flux nor other impediment, & ye thinke he nedeth to be purged: ye may geue hym in the morning. i. ounce of cassia, or of māna, with a litle dyaprunis' laxative more or lesse, according to þe patientes necessitie, tempered with water of scabiose, sozell, or endiue, euer takynge hede, that he dooe receiue some medicine against the venim, during all the tyme of his disease.

¶ The fifth Chapter, of application of outward medicines.

¶ There is to be noted that no maner plaister repercussive may be set vpon any borch of pestilence. But as sone as is possible, after lettig bloud, it is good to take an oniō, & to make an hole in þe midst of it, theñ fil it ful of good triacle: after þe stop it, & set it on þe harth to roste, as it were an apple. And whē it is roste so long till it be tendre, let it cole a little: and sette it hote vpon

R. iiii.

the

A treatise of
the botche, and when it hath bene there
by the space of two houres, take it of,
and laye another on.

Or take a cocke and pull the fethers
of, about his fundament, & put a li-
tle salt in it, and set his foundamente
vpon the sayd botche, keepng hym on a
good while, stopping many times his
pyll, that his bzeth may be retcnyed, &
let hym blowe agayn. And if the cocke
dye, it shall be good to take an other
young cocke, and splytte it quicke a-
sunder, and laye it on the botche, but
ye must comaunde them that take the
of, to cast the in the fyre, & not to take
the sauour whē it is remoued: for that
is very daungerous. Some there be
lay about the soze, water leches called
bloudsuckers, and it is very good, so
they be well prepared, & clenfed, from
corruptiō. Other apply vberoles with
scarificatiō, but they ought first to be
applied wth thouten any scarifying, so
they shall b^e better drawe b^e venim out.
Other

the pestilence.

Other lay thereto a plaister made of galbanū, diaquild. & armoniacke, incorporate together, & some other lay on it a plaister made of figges, soure leuē, & reising without kerneis, brayed & incorporate altogether in oyle of camomille. There be also that set vpon the botche an herbe called crowefoote, which is very hote, & maketh a blister on y^e skinne, & that same they breake, and kepe the place open manre dayes after. And in that case, yf the botch be in the very arme holes: it is beste to set y^e said herbe a loft vpon the arme.

And some other breake the foresayd botche with a strong ruptory, hauing part of maturatiō, as for exāple thus Take some leuen soure ounces, mustarde, rue, scabiose, wormewood, of euery one an hand full, white lilly rootes, the third parte of all, grene coprose two drammes, canthrides in numbre. x. galbani one ounce, old nuttes, and somwh at fustye, or els newe. yf

R. v

ye can

A treatise of

ye can not get them in nūbre. iiii. dile
of white lilies, asinuch as shal suffice,
seeth all the herbes and rotes in oyle,
according to arte, with a double ves-
sel, that is to say: the oyle being in one
panne may seeth onely by the boyling
of the water in an other great panne,
and make a playster with the residue
of the stuffe in a good fourme. It hath
a greate vertue to breake a pestilence
soze without much payne, and afoze ye
lay it on, wash the soze with a sponge
dipped in the straynyng of the forsaide
herbes and rotes .

Other take oyle olyue & sieth it with
oken ashes , addyng vnto it a litle of
blacke sope, & quicke lyme , and make
a playster of thesame, it is not to be
vsed but in strong complexions.
And al the forsaide waies are to be cō-
mended. But after one hath vsed thē a
whyle, and seeth they beginne to come
to maturacion, let him take cōnsel
of a learned surgeon, or any other of
good

the pestilence.

good experience, and to set maturative
emplasters, vntions, & bathes, accor-
ding as becommeth, percing the apo-
stume in the softeste place, afterwarde
procede with mundificatiō and incars-
nation, such as in other kindes of a-
postumes: wherein I humbly desire
them to haue some pittie of the poore,
that be diseased, & not to fauoure them
that haue ynough, but rather take so-
much of the ryche, that they maye the
better haue wherewith to helpe & neddy,
And for because the sick maye haue
some comfort, if in case they should be
desstitute of surgeons, I will (besides
the sayd medicines whiche they maye
confidently vse,) describe some matu-
rative emplasters that are experie
and proued in this cure of pestilence.

A plaister to rype a botche com-
ing of the pestilence.

The mallowes, and the rootes of
holihocke, and onions, as muche
as shall suffice, washe them and scerch
them

A treatise of
them in water, and afterwarde braye
them in a morter with powder of limes
seed, and of fenugreke, and a good
quantitie of swines grese fresh, laying
on the plaister euery day oncc.

¶ An other for the same.

The white diptamy an ounce and
an halfe, the roote of wall worre an
ounce, the rootes of cresses halfe an
ounce, white onions, two ounces,
seeth the rootes in water, and rost the
onion vpon the coles, then stampe the
altogether, adding of oyle of camomill
iii. ounces, rosin one ounce, nettle seede
syxe drammes, ware, as muche as shall
suffice, and make a goodly playster or
an oymntment at your pleasure, for it
repeth the sayd botche in a short space
and consumeth þe ventime, and is good
as well for younge men as for old.

And afore that it be thorough reye,
cause it to be perced as it is said afore
And if after the sayd percing there be
great payne, take the yolke of an egge
well

well be
annon
soze fo
mund
of polk
a litle
perfec
dayes
solte o
lay the
ue. as
sozes
in this
than t
perch
gathe
so retu
foze of
after p
and o
¶ I
one th
God l

the pestilence.

well beaten, and a litle ople of roses, & annoynt a tent therin, and put into y^e soze for to cease the payne. Afterwarde mundifie the place with a salve made of yolkes of egges, fyne barley floure, & a litle hony of roses. Last of all, for the perfecte incarnation, take the iuice of dayles, and with a litle waxe make a softe oymtment, and vse it, or ye maye lay therto any other salve incarnatisse, as ye are wont to be in other cleane sozes. Prouided alway y^e it is better in this case, to breake y^e soze by tymes, than to tary for the riping long, lest perchaunce y^e benym beyng included, gather strength by the putrification, & so returne agayne vnto the hert: thersore open it, afore it come to ripping, & after procede with your maturatiues and other holisome plaisters.

Thus muche haue I spoken of
Surgery, in the exterior cure of
one that hath the botche, so farre as
God hath geuen me vnderstanding
to

A treatise of
to perceyue, accordyng to the mindes
of such famous clerkes, as haue most
effectually written of the same. Nowe
will I declare a litle of the exterior
cure of him that hath no borch at all,
and yet is sope infected with the pesti-
lence. For the noble handy worke of
surgery, is conuenient to the both, as
witnesseth Marsilius Ficinus, in his
booke of pestilence in the. xi. Chapter.
And the fourme of it is this.

After that the patient hath receiued
some good & holisom medicine against
the pestilence, and sweete (or after let-
tyng blood, if the case do so require)
by & by ye muste apply your labour to
take away the residue of the venime,
that remaineth in the body. And to that
intent ye ought to make a ruptorie of
some leuen & cantharides, or other as
boue rehersted, & set it on the muscle
of the right arme, vnder the cubite, on
the parte where as the pulse lieth, but
not vpon the pulse it selfe, and so pro-
cure

cure
diast
ning
berce

Aw
same
sing
stepp
mon

EE

A
called
acco
heral
touch
benr
lecty
them
thing
bloud
thar
of the

the pestilence

cure a blystre, whiche ye shall immen-
diatly cut of, and kepe the soze run-
ning many dayes after, the longer the
better for the patient.

In other issue ye may make in the
same maner, bpō his right legge, four
fingers aboue his hele toward the ins-
teppe, and kepe it open likewise, till a
moneth or two after he be recovered.

Che. vi. Chapter of the cure of cars-
buncles and anthrax.

As concerning the curatiō both of
a carbuncle and the pestilence soze
called anthrax, ye may do euery thyng
according as we spake afoze in the ge-
nerall cure of the pestilence, bothe as
touching diete, medicines against the
venyme, cordialles, laxatiues, bloud
letynges, and ventoses, ye shall heale
them as ye heale the botche, in all
thinges. But as touchyng letyng of
bloud, when ye se a carbuncle or an an-
thrax by him selfe without apostume
of the cuticories, be it bpō the necke,

A treatise of

or vpon the throte, or the face, or the head, ye must let him blood in the head veyne. If it be vpon the shoulders, bristles, or arme, or other place aboue the nauel, take the veyne called mediana.

And if it be beneth the sayde places, bowne vnto the knees, take the veyne saphena, but if it be on the outsyde of the thygh, take the veyne sciatica, cuer vpon the side that the soze is on, (as is sayd afore) considering the complexio, the strength, the age, and the qualitie of the blood, euen as is sayde in the chapter of the boich, and likewise apply the ventoses vpon them that can not beare flenbothome.

Whiche thynges presupposed, it is good to set vpon the carbuncle, whether it be with boich or without boich, the yolke of an egge, incorporate with as much salt as ye can temper with it, renewing it euery houre during a hole day. Or els apply the sayd leches or blood suckers round about the soze, & after theye

the pestilence.

they haue sucked out the blood, set
theron a cocke as is said of the botch,
or els a doue all hore splitte in y^e mid-
dle. And he that can not gette the les-
thes, yet let him not faile to apply the
residue of the sayde medicines, euery
one after other as afoze is sayde.

Or a hore lose commyng out of the
ouen, or take a sower pomegranade, &
cut & seeth it in vineger, or scabious
brused betwene two stones, or the rote
of daisies, or good sowre dough, incor-
porate with salt and a litle oyle olive:
all these medicines are good to kyll
the carbuncle.

The precious stone called a saphyre
hath also great vertue against venim
and specially against a carbuncle. if ye
touche it with the stone, and drawe it
round about the soze by the space of an
houre. But whatsoeuer medicine ye
set vnto a carbuncle, ye must say a de-
tensive about the soze, which is made
as hereafter foloweth.

S.i.

CB

A declaration

A good defensiu:

Take sanguis draconis, and bole arment, of eche a like much, make the in pouder and incorporeate them with oyle of roses, and a litle vineger, and lay it in a cloth al about the soze, with out touching any part of it, & renewe it when it is harde and dry. But if the person be of good abilitie, and the carbuncle very feare & burning, cannot be quenched with the meanes aforesaid than ye must procede with an actuall or protencial cauterie, and to remoue the escare, lay on capons greace or a litle butter, or els a playster made of mallow leaues, holihockes, violettes, lily roes sodden in broth of netes fete or other flesh, and afterward stamped, strayned, and vpon the syer mingled with pouder of limesede, barley floure, brane floure, fresh butter, and swines grece, adding in the end whan ye take it of, twoo yolkes of egges and a litle saffron, and stirre it well about.

This

This
soze,
is sa
I co
but
ued
at ne
these
good
to
who
no,

A
tion
and
th
T
ner

the pestilence.

This is good also to ripe the foresaid
soze, afterward mundify and heale as
is sayde in the other chapter.

I could declare many other remedies
but I set the that haue bene ofte pro-
ued, and that be moste easie for to get
at nede, desiring al them that shal vse
these my simple labours, to accept my
good will vnto the best, and to praye
to God almyghty for his grace, vnto
whom only be al laude glorie and ho-
nor, world without ende. Amen.

A DECLARATI

tion of the veines in mannes bodye,
and to what diseases and infirmities
the opening of euery one do serue.

It is not vnknewen to anye
whiche haue seene Anatho-
mies. howe there be in a mans
body two kyndes of veynes, ge-
nerall and speciall.

Generall or commune veynes are

S.ii.

the

A declaracion

iii. which appeare in the middest of eueri mans arme on the inner syde, & of them the highest is called of ierued me cephalica, or the head veine, and the lowest of al thzee, is called commonly basilica or regia, in the ryght arme by an other name epatica, or the veine of the liuer, but in the left arme, it is called pulmatica, the veine of the lōges. The. iii. common veine, lieth betwene the other. ii. in the middes, and is named cordiaca, or the veine of the hert.

The first that we did speake of, that is to say cephalica, is a veine moste apt to be letten bloud, in all the hyer partes of mānes body, and is opened for the head ache, and the eyes.

This beyne if by chaunce ye touche it, and if it blede not at the first stroke ye may be bold to strike it once again. for there is no reoperdy of cutting of any muscle. And if ye can not finde it out, take his brauncht that is about the thombes ende.

The

The
mid
cuer
mak
in to
mus
If
he th
sing
The
wel f
is cō
If a
he on
not o
neces
in th
So l
diaca
the h
of he
the l
W
cedin

of beines.

The veine epatica, emptieth from the middle partes of al the body, and it is cuer opened against diseases of y^e stomake, & the splene, but ye ought therein to be very diligent, that there be no muscule perced.

If ye can not spie it in the arme, seeke the braunche of it betwene the little finger and the fourth.

The cordiaca veine draweth bloud as wel from beneth, as from aboue, for it is cōpounded of cephalica and epatica.

If any feleth a weakenes at his hert, he ought to take good hede that he be not opened in y^e veine cordiaca, but yf necessitie be of bled yng, let him blede in the cephalica or els mediana.

So likewise of the other, ii. The cordiaca, is good to cure the passiōs of al the hole bodye, whan they do procede of heate, specially of the hearte and of the longes.

But in the percing of it, ye must exceedingly beware, for vnder it is a cer-

S. iii

tain

A declaracion
tain muscle, whiche if it be very depe-
lye cutte, the patient is in jeopardy of
his lyfe.

When ye entend to let a person bloud
in any veine, ye must bathe the arme
wherin ye perce, in good hote water, &
drawe the hole abroad, & the grosse bloud
may the moze easely passe. And here is
to be noted, that in all sickeneses and
times (except only infection of pesti-
lence), ye must take the same veine of
the .iii. that doth appeare fuller & big-
ger than the other are, for by this ye maye
perceyue that the members which be-
longe vnto it, are full of superfluities
of to hote bloud, and this shalbe suffi-
cient of the fore sayd veines generall:
now we wil reherse the veines speciall.

The veine in the higher part of the
forehead, is good to be opened in all dis-
eases of the head, & of the braine, spe-
cially if they be of long continuance,
and it cureth the newe begon lepro.

The .ii. veines that are behinde the
eares,

officines.

eaies, are opened to preserve the memory, mundify the face, and to take away reumes & distillacions from the head, and are good generally in all diseases of the mouth, and of the gummes.

The. ii. veines of the temples of the head, are good to boide humours from the eyes, and they serue also for all diseases of the eaies.

The. ii. veines in the corners of the eyes are opened in the cure of webbes, spottes, cloudes, mistes, perles, redness, cornes, and other infirmities and weaknesse of the sight.

The. ii. veines in the hollowesse of the eaies, serue to heale the shaking of the head, swimming of the eyes, dizziness, sounding of the eaies, new deafness, and vncleannes of the mouth.

The veine in the tip of the nose, is good against apostumes of the head, reumes, and fluxes of the eyes, it purgeth the brain, and comforteth the memory.

D. iiii.

This

A declaration

This veyne muste be sought verie
wysely, for it lieth depe, therefore he
wyl be sure of it, shall finde it euen in
the verie middes betwene the two si-
des of the nose ende.

The two veines within the noses
thylles, are opened against the heu-
nes of the head.

The veyne of the lippes, is good to
take in all diseases of the mouth.

The .ii. veines within the mouth, are
opened in diseases of the head, toth a-
che, payne of the tawes, mouth & throte,
and against frekles of the face.

The foure veines in the palate of the
mouth, are good to be opened in the
toth ache, reumes and catarres of the
heade.

The two veines in the hinder part of
the head, are good against the phrene-
sie, swimming, astonying, and al other
paines of the head.

The .ii. veines vnderneath the tōg, are
eyened against the fluxes of the heade,
passing,

of baines.

palsies, quicities, scrophules, apoplexia
cough, paines of the mouth, teeth, and
gummes, against impedimētes of the
speche, and generally in al diseases of
the breast, herte, longes and arteries.

The veyne that is betwene the chyne
and the nether lyp, is good to open in
curing of a stinkyng breath.

The veine that lieth right vnderneath
the chyne, is good agaynst the same
disease, and also in diseases of the head
of the breast, polypus in y nose pai-
nes of the chekes, sinking of the nos-
sethills, scrophules & spottes about
the face. The .ii. veines of y necke (one
afore, another behynde) are exceeding
good against the pleuresie, newe leproy,
shakyng of the members, humours,
and distillacions of the heade, and to
muche styfnesse of lymmes.

The .ii. veines vnder the arme holes,
serue against y straitnes of the breast
paine of the myddyle, and the longes,
and agaynst difficulty of breathyng.

S. d.

called

A declaration
called asthma.

The two veines aboue the elboes
are taken in all diseases of the breast,
swimming of the heade, spasme, and
epilepsia, commonly called the falling
euill. Vena purpuria, or the purple
veine, lying in the right arme next
epatica, toward the hande, is opened
gainst diseases of spiritual members
and of the bowels.

The veine iliaca next vnto the pur-
ple veine, yf it be well taken, is good
to heale the paynes of all the inward
members.

Vena pulsatilis, or the beating veine
is good against the trembling of the
heart, swimming, and cardiaca passio.

The .ii. veines of the thumbes, are
opened in diseases of the head, bleared
eyes, and against the moste part of all
feuers.

The veine betwene the forefinger
and the thombe, is good for stoppings
of the head, & to purge the superflui-

of baines.

tie of cholere, is good in agues, and in all diseases of the eyes.

The veine that is betwene the ring finger, and the little (yf it bee opened) taketh away diseases of the head, the longes, and of the splene.

The veine called saluaticella in the right hand, betwene the little finger and the next adistning, is opened in opilacions of the breast, against the gummy matter of the eyes, perbraking, pelowe taundis, paines & cokes in the right syde of the belly. And in the left hande it is opened against all diseases of the splene, coming of repletion and opilacion, and is good to heale the hemoroides, phrenesie, colikes in the left syde, diseases of the veynes, & to much abondaunce of the floures.

The veine of the right side, if it bee opened, is good in lienteria, disuria, dropsies and other infirmities caused of colde matter.

The veyne of the left syde is good
again

A declaration

against apostumes and excoziation of
the bladder, paines of the loines, swell-
ing and stopping of the splene.

The veine of the belly is good against
diseases of the reines, & purgeth out
the melancholy bloud.

The.iiii. veines about the place cal-
led pecten, on either side the priup mē-
bers, are good against superfluous ps-
sues of the hemoroides, and to swage
payne in all diseases of the bladder, &
the secrete places, they stoppe the ble-
ding of the nose & of other mēbers, &
are good to heale the lenterie & stran-
gury. The veine ouer the foreskinne
of the pearde, is opened against the
dropse & al diseases of the same mēber
The veine vnderneath the sayd skinne
is holsome to be taken for the crampe
or spasme, colike, swelling of the cods,
strangury, disflurie, & diseases of the
stone, both in the reines & in the bladder
The two veines of the thyghes haue a
singuler vertue in the curing of di-
seases

of beines,

scases in the bladder, and the reines.

The two beines in the legges, do seru-
ue against the dropsy, payne & a postea-
mations of the bladder, & the reines, &
the priuy membes, and against goue
and swelling of the knees.

The veyne saphena on the inner side
of the legge, is opened against recedē
of the flowres, and in al diseases of the
matrice, reynes, hyppes, priuy places
of men and women.

The outwarde saphena, otherwise cal-
led sciatica, descending frō the legges
on the outside, is exceeding good in cu-
rryng the payne of the huckle bone,
wherzof it hath the name sciatica, and
ouer that it healeth all diseases of the
bladder and the botels, gout of the
handes & of the fecte, with other paine
of the ioyntes, and the palsy.

The two outwarde veynes vpon the
ankles, are good to be opened for re-
tencion of the floures, they take away
the sickenes of the splene, and ease the
payne

A declaration
paine of the backe, strangury, & Stone.
The two veines vnder the litle toe,
are good to purge the superfluitie of
the matrice, and to heale scrophulus
of the face and the legges.

The two veines adioynning to the
litle toe, cure the apoplexie, pelow co-
lere, palsy, & all diseases of the reynes.

The two baynes in the lesser ioynt
of the litle toe, are opened in curing
of an olde cough, pustles, and ophthal-
mia in the eyes.

The two veines in the myddle toe,
are good agaynst the scrophules, and
diseases of the face, spoties, rednes, &
pimples, warring of the eyes, cakers, &
knobbes, & agaynst the stoppig of the
floures. The vein on the left ioynt in
the great toe, is good agaynst ophthal-
mia of the eyes, spottes of the face &
the legges, pteche, and vlcers of euill
complexion, and purgeth superflui-
ties of the matrice. Thus muche I
haue declared of the vtilitie of beynes.

Finis.

The

THE BOKE OF

Chyldren.

TW begyn a treatise of the cure
of chyldren, it should seme ex-
pedient, that we shuld declare
somewhat of the principles, as of the
generation, the beynge in the wombe,
the tyme of procedyng, the maner of
the byrthe, the brydyng of the nauyll,
fettyng of the mēbres, lauatories, unc-
tions, swathenges, and encreasemen-
tes, with the circumstances of these
and many other: whiche if I shoulde
reherse in particles, it would require
bothe a longer tyme, & encrease into a
greater volume. But forasmuch as
moost of these thynges are very true &
manifest, som pertainyng only to the
office of a mydwife, other for the reue-
rence of the matter, not mete to be dis-
closed to euery vyle person: I intend
in this boke to let them all passe, and
to treat only of the thyngs necessary,
as to remove the sikneses, iether with
the

TO THE
The booke
the tender babes are oftentimes afflic-
ted, and desolate of remedye, for so
muche as many do suppose that there
is no cure to be ministered vnto the, by
reason of their weakenes. And by
wayne opinion, yea rather by a foolish
seare, they forsake many that myght
be well recovered, as it shall appeare
by the grace of God hereafter, in this
lytle treatyse, when we come to decla-
ratio of the medicines. In the meane
season for continuance of the matter, I
entend to write somewhat of the nource,
and of the milke, with the qualities, &
complexions of the same, for in this con-
sisteth the chief point and summe, not
only of the maintenaunce of health, but
also of the fourmyng of infectyng cy-
ther of the wytte or maners, as the
Poet Virgil when he woud describe
an vncurteis churlysh, & a rude con-
disioned tyrant, didde attribute the
faute vnto the gyuer of the mylke, as
in saying thus.

Ecce

of chyldren.

*Nec tibi diua parens, generis nec
Dardannus author,
Perfide, sed duris genuit te cautibus
borrens Caucasus, hircanæq; admo-
runt ubera tigres.*

For that diuine Poet being thorough-
ly expert in the priuities of nature,
vnderstode right wel how great an al-
teracion euery thing taketh of the hu-
moure, by the whiche it hath his alpe-
mente and nourishing in the youthe:
whiche thing also was considred and
alleged of many wyle Philosophers:
Plato, Theophrastus, Xenophon, Ar-
istotle, and Plinie, who did al ascribe
vnto the nourcement as muche effect
or moze, as to the generacion.

And Phauorinus the Philosopher
(as writeth Tullus gellius) affirmeth
that if the lambes be nourished with
the milke of goates, they shall haue
course wo'le, like the heare of goates:

C. l. and

The booke

and if kiddes in like maner sucke bys
shepe, the heare of them shall be soft
lyke wolfe. Wherby it doth appeare,
that the mylke and nourishyng hath a
marueplous effect in chaunging the
complexion, as we se likewise in her-
bes and in plantes, for let the seede or
pypes be neuer so good and pure, yet
if they be put into an vnkynde earth,
or watred with a rougher and vnhol-
some humour, either they come not vp
at all, or els they wyll degenerate and
turne out of their kynde, so that scarce
it may appere from whence they haue
bene taken: according to the verse.

*Pomaque degenerant, succos oblita
prios.*

Wherfore as it is agreing to nature,
so is it also necessary & comly for the
own mother to nource the owne child.
Whiche if it maye be done, it shall be
moste comendable and hollesome, if not
ye must be well aduised in takinge of a
nource,

of chyldren.

nource, not of ill complexion and of worse maners: but suche as shalbe so- bte, honeste and chaste, well fourmed, amiable and chearefull, so that she may accustom the infant vnto mirth no dronkarde, vicious nor sluttyshe, for suche corrupteth the nature of the chyld.

But an honest woman, (such as had a man childe last afoze) is best not with- in twos monethes after her deliue- raunce, nor approachyng nere vnto her time againe. These thynges ought to be considered of euery wise person, that wyl set their chyldren out to nource. Moreover, it is good to loke vpon the milke, and to se whether it be thicke & grosse, or to muche thynne and watry, blackyshe or blewe, or enclinyng to rednessse or yelow, for all suche are vnnaturall and euill. Likewise when ye taste it in your mouth, if it be ey- ther bitter, salte, or soure, ye may well perceue it is vnholsome.

¶ Ji.

¶ That

The booke

That milke is good, that is whyte
and sweete, and when ye droppe it on
your naryle, and do moue your finger,
neither fleteth abroad at euery stering
nor will hange faste vpon your naryle,
whē ye turne it downeward, but that
whiche is betwene both is best.

Sometime it chaunceth that the milke
wasteth, so that y^e nource can not haue
sufficient to susteine the child, for the
whiche I wil declare remedies leauig
out the causes for breuitie of time.

¶ Remedies appropriate to the en-
creasing of milke in the brestes.

¶ As neppe rotes, and fenelle rotes,
sodden in broth of chickens, & af-
terwarde eaten with a litle fresh but-
ter, maketh encrease of milke within
the brestes.

¶ Another.

The pouder of earth wormes dried
and dronken in the brothe of a uicates
tonge, is a singuler experiment for y^e
same intent.

Also

of chyldren.

Also the broth of an olde cocke, with myntes, cynamome and maces.

Ryce also sodden in cowes mylke, with the crumes of white bread, fenell seede in powder, and a litle suger is exceeding good.

Another good medicine for the same

Take Chyristall, and make it in fine powder, and myxe it with as muche fenell seede and suger, and vse to drinke it warme with a litle wyne.

A plaister for the encrease of milke.

Take fenell and hoozehounde, of euery one two handfulls, anys seede foure drammes, Saffron a scruple in powder, swete butter thye ounces, seeth them in water, and make a plaister to be layde vpon the nurces brestes.

These thinges haue propertie to augment the milke, velle, anyse seede, fenelle, cristall, hoozehounde, fresh chese honny, lettuse, bectes, myntes, carette rotes, parsneppes, the dugges or vnder of a cowe or a shepe, goates milke

C.iii.

blauus

The boke
blanched almondes, ryce porragge, a
cowes tounge dried and made in pou-
der, potched egges, saffron, and the iuice
of roasted beale dronken.

Thus muche of the nource, and of
the mylke: now I will declare the in-
firmities of chyldren.

Although (as affirmeth Plinie,)
there be innumerable passions & di-
seases, wherunto the bodye of man is
subiecte, and as well maye chaunce in
the young as in the olde: Yet for mooste
commonly the tender age of chyldren
is chesely vexed & greued with these
diseases folowynge.

A postume of the bryne.

Swelling of the head.

Scalles of the head.

Watchynge out of measure.

Terrible dreames.

The fallynge euill.

The palsey.

Crampe.

Styfnesse of limmes.

Blonds

of chyldezen.

Bloudshotten eyes.

Watryng eyes.

Scabbynesse and ytehe.

Diseases in the eares.

Feasynge out of measure.

Bredynge of teeth.

Canker in the mouth.

Quinsie, or swellynge of throte.

Coughe.

Streptnesse of wynde.

Feblenesse of the stomake & vomityng

Pearyng or hicket.

Colicke and rumbling in the guttes.

Fluxe of the belly.

Stoppynge of the belly.

Wormes.

Swellynge of the nauill.

The stone.

Pyssynge in bedde.

Wastynge.

Faylynge of the skynne.

Chafynge of the skynne.

Small pockes and meafels.

Feuers.

T. lll.

Swels

The boke
Swelling of the coddess.
Sacer ignis oz chingles.
Burnyng and scaldyng.
Hybbes.
Consumpcion.
Leaneuells.
Gogle eyes.

Of apostumes of the brayne.

In the tyme þe couereth the brayne
chaunceth oftentimes apostemaciō
and swelling, either of to much cryng
of the childe, oz by reason of the mythe
immoderately hote, oz excelle of heate
in the bloud, oz of cold fleume, and is
known by these signes.

If it be of hote matter, the head of
the childe is unnaturally swollen,
redde and hote in the felyng: if it come
of colde matter, it is somewhat swollē,
pale, and colde in the touching, but in
both cases the childe can not reste, and
is euer loth to haue his head touched,
crieth and vexeth it selfe, as it were
in a frenesye.

Ches

of chyldren.

¶ Remedy.

Make a bath of mallowes, camomille, and lillies sodden with a shepes head, till the bones fall, & with a sponge or soft cloutes, all to bath the head of the childe in a colde apostume, with the broth hote as may be suffered, but in a hote matter, wete the broth luke warme, or in the cooling, and after the bath, set on a playster thus.

¶ A playster.

Take fenugreke, camomill, wormwood, of euery one an handfull, seeth them in a close vessell, till the thirde parte be consumed, then stampe the in a mortar, and stirre them, to the which ye shall put of the same broth agayne ynough to make a platster, with a litle beane floure, yolkes of egges & saffron, adding to the freshe butter or duckes grease sufficient, and apply it. In a cold matter lette it lye a day: but in a hote cause ye muste remoue it euery six houres.

¶ v.

¶ v.

The booke

Of swelling of the head.

Inflation or swelling of the head,
commeth of a wyndye matter, gathered betwene the skynne & the flesh, and sometime betwene the flesh and the bones of the scull, the tokens wherof are manifest ynough to the sight, by the swelling or puffing vp, & pressed wth the finger, there remaineth a pynte, whiche is a signe of wynde & viscus humours, & shall heale it thus.

Remedy.

First let the source auorde al thinges that engendre wynde, salt or any humours, as beanes, peason, eeles, salmon saltfyshe, and lyke: then make a playster to the chylde's head, after this fashion.

Take an handfull of fenell, smallache and dyle, and seeth them in water in a close vessell, afterwarde stampe the, and with a litle cummyne, and oyle of bitter almondes, make it vp, and laye it often to the chylde's head, warme.

In

of chyldren.

In defaulte of oyle of almons take
gosegrease, addyng a litle vinegre.
And it is good to bath the place with
a softe cloute, or a sponge in the broth
of these herbes: Rue, tyme, maioram,
hylope, fenell, dyll, campe, sal nitre,
myntes, rabysh rotes, rocket, or some
of them, euer takyng heede that there
droppe no porcion of the medicines in
the babes eyes, mouthe, or eares.

¶ Scalles of the head.

The heades of chyldren are often
tymes viceried and scalled, as well
when they sucke, and then mooste com-
monly, by reason of sharpe mylke, as
also when they haue bene weaned, and
can go alone. Sometimes it happe-
neth of an euil complexion of humors
by eatyng of rawe frute, or other euill
meates, and sometime by long contri-
nyng in the sonne, manye tymes by
droppynge of restye bacon, or of salte
beece on their bare heades.

Otherwyles they be so bozne out of
their

The booke

their mothers wombe, and in all these is no great difficultie till the heare be growen: but after that, they requyre a greater cure, and a cōing hand, notwithstanding as God shall gyue me grace, here shall be sayde remedies for the cure of the, suche as haue bene oftentimes approued: wherein I haue entended to omitt the disputacions of the difference of scalles, and the humours whereof they do procede, and wyl go strayght to the composition of medicines, folowynge the good experience, here ensuyng.

¶ Remedies for scalles.

If ye se the scalles lyke the shelles of oysters, blacke and drie, cleaunge vpon the skinne, one within an other, ye maye make a fomentacion of hoate and moyst herbes, as fenugreke, holy hocke, beares breeche, lynescede, and suche other, sodden al oz some of them in the brothe of netes seete, and so to bathe the sores, and after that applye
a softe

of chyldezen.

a soft plaister of the same herbes, with
goose greafe or butter, vsyng this styll,
till ye see the scabbe remoued, and then
washe it with the iuyce of horehound,
smallach and betony, sodden together
in wyne, and after the waschyng put
vpon it pouder of myrrre, aloes & fran-
kensence, or holde his head ouer a cha-
lengdishe of coles, wherein ye shal put
frankensence and saunders in pouder.
But if ye see the scabbes be very soze
and matterye with great payne, & burn-
ing of the head, ye shal make an oint-
ment to coole the matter thus.

CIn ointment to coole the burning
of a soze head.

Take white leade and lytarge, of ea-
chery one. v. drammes, lye made of the
ashes of a vyne. iiii. drammes, oyle of
roses, an ounce, waxe an ounce, melte
the ware fyrste, than put to the oyle &
lye with the reste, and in the ende. ii.
yolkes of egges, make an ointment,
and laye it to the head. This is the
com

The booke
composition of Basis.

An other opntment singuler for
thesame purpose.

Take betony, groundswell, plantayne,
sumptory, and dayles, of euery one
lyke muche, stampe them, and myngle
them with a pounce of freshe swynes
greace, and let them stande closed in a
moyst place. viii. dayes, to putrify, thā
frye them in a panne, and strayne the
into a cleane vessel, and ye shal haue a
grene ointment of a singuler operaciō
for the sayd disease, and to quenche al
vnhynde heates of the body.

Also ye must vse to shauē the head,
whatsoeuer thynges ye do lay vnto it.
If there lacke the cleansing of the so-
res, and the chylde weaned, ye shall do
well to make an opntment of a lytle
turpentyne, bulles gall, and hony, and
laye vpon the sores.

Also it is proued, that the vyne of a
bulle, is a singuler remedy to mundify
the sores, and to lose the heares by the
rootes.

roo
E
ues
mad
heat
th
this
nou
mea
stard
fruit
the m
from
whyte
the m
celand
purce
breed
Shore
be kep
the ca
So
breade
were l

of chyldren.

rootes, without any perne or ylle.

The iuyce also of mozell, dayse leas-
ues & groundswel fried with greace &
made in an oymēt, coleth al vnkind
heates and pustles of the head.

There is to be noted, that during
this disease in a suckyng chyld, the
nource must auoide al salt, and sower
meates that engēder cholere, as mu-
staide, vineger, and such: and al maner
frutes, (except a pomegranate) and
she muste abstayne in this case, bothe
from egges, and from other kynde of
whyte meates in general, and aboue al
she may eate no dates, figges, nor pur-
celane, for many holde opinion that
purcelane hath an euill propertie to
breede scabbes and vlters in the head.
Whercover the chyldes head maye not
be kept to hote, for that is oftentimes
the cause of this disease.

Sometimes it chanceth that there
breaderth in the head of chyldren as it
were litle wartes or knobbes some-
what

The bake

What hard, & can not be resolved by the said medicines. Wherefore when ye see that none other thing will helpe, ye shal make a good oymment to remoue it, in maner as hereafter is declared.

An excellent remedy for wartes or knobbes of the head.

Take lytarge and whyte lead, of eche a like quantitie, brimstone and quicke siluer quenched with spiritte, of eche a lesse quantitie, twice as much oile of roses, and a sponesful or two of vineger, mixe them altogether, on a marble, till they be an oymment an lay it on the head, & when it hath ben dry an houre or .ii. washe it off with water, wherein was sodde maioram, sauerie and mintes, vse it thus twice a daye, meynyng and euenyng, till ye see it hole. This thing is also good in al the other kind of scalles.

Of watchyng out of measure.

Slepe is the nourishment & foode of a sucking child, and as much requisite

of chyldren.

quisite as þ very teate, wherfore whā
it is depriued of the naturall rest, all
the hole body falleth in distemper: cru-
dite and weakenes, it proceedeth com-
monly by corruption of the mylke, or
to muche aboundaunce, whiche ouer-
ladeth the stomake, & for lacke of good
digestion, vapours and fumes aryse
into the head, and infect the braine, by
reason wherof the child can not slepe,
but turneth & vexeth it self w crying.
Therfore it shalbe good to prouoke it
to a natural slepe thus, according to
Rasis. Annoynt the forehead and tem-
ples of the child, with oyle of violets, &
vineger, putting a drop or two in the
nose thurles, and if ye can gette any se-
rupe of poppe, geue it the chyld to
licke, and than make a plaister of oyle
of saffron, lettuse, & the iuice of poppe,
or werte cloutes in it, & laye it ouer
thwart the temples.

Also the seades & the heades of pop-
pre, called chesbolles, stamped with

Al. l.

roses

The booke

rosewater, and myrte with womans mylke, and the whyte of an egge, beaten al together and made in a plaister causeth the chyld to receyue his naturall slepe.

Also an oyntment made of the seede of poppy and the heades, one ounce, oyle of lettuce, and of poppy, of eche. ii. ounces, make an oyntment and vse it.

They that can not gette these oyles, may take the herbes, or iuyce of lettuce, purcelane, houseleke, and poppe, & with womans mylke, make a plaister, and laye it to the forehead.

Oyle of violetttes, of roses, of nenuphar, are good, and oyle of populeon, the broth of mallowes sodden, and the iuyce of water plantayne.

¶ Of terrible dreames and feare in the slepe.

Sometimes it happeneth that the chyld is afraid in his slepe, & somtimes waketh sodainly, & starteth, somtyme shaketh and trembleth, whiche effect

of chyldren .

effect comnieth of the arysing of styn-
kong vapours out of the stomake into
the fantasie, and senses of the brayne,
as ye maye perceue by the breath of
the chylde: wherfore it is good to geue
hym a litle honny to swallow , and a ly-
tle pouder of the seedes of peonie, and
sometymes triacle, in a litle quantitie
with mylke , and to take hede that the
chylde sleepe not with a full stomake;
but to beare it about waking, tyl part
be digested, and whan that it is layde,
not to rocke it muche , for ouermuche
shaking letteth digestion, and maketh
the chylde many tymes to vomyte.

¶ The fallug euill called in the
greke tonge epilepsya.

¶ It only other ages but also lytle
chyldren, are ofentimes afflicted,
with this greuous sickenes, some-
tyme by nature receyued of the pa-
rentes , and than it is impossible , or
difficile to cure , sometyme by euill

¶.ii.

and

The booke

and vnholosome diet, wherby there is engendred many colde and moyst humours in the brayne, whereupon this infirmity procedeth, whiche if it be in one that is young and tender, it is very hard to be remoued, but in them that are somewhat strong, as of seuen yeares and bpwarde, it is more easy.

I fynde that many thynges haue a natural vertue against ϕ falling euil, not of any qualitie elementall, but by a singuler propertie, or rather an influence of heauen, whiche almyghty God hath geuen vnto thynges here in earth, as by these and other.

Saphires, smaragdes, red corall, piosny, mystletow of the oke, taken in the moneth of Marche, and the moone decreasyng, ryme, sauein, dylle, and the stone that is founde in the bellie of a yong swallow, being the first broode of the dame. These or one of them, hangged about the necke of ϕ chylde, sauerth and pferueth it from the sayd sickness.

of chyldren.

nes. Now wil I describe some good & holosome medicines to be take inward for thesame disease.

If the childe be not very young, the make of a leueret, dronke with water and hony cureth thesame.

A medicine for the falling sicknesse

Take the roote of piony, and make it into pouder, and geue it to the child to like in a litle pappe and suger.

They that are of age, may eate of it a good quantity at once and likewise of the blacke sedes of thesame piony.

Item the purple violettes that creapeth on the ground in gardeins with a long stalke, and is called in englishe heartesease, dronke in water, or in water and honye, helpeth this disease in a young chyld.

Whoeuer the muscle of the oke rasped and geuen in mylke, or in water & hony, is good.

Also ye may styll a water, of the floures of lind, it is a tree called in latin

A.iii.

tilia.

The booke

tilta, the same wherof they make ropes
and halters of the barke, take the same
floures and distill a water, and let the
patient drinke of it nowe and than a
sponefull, it is a good remedy.

¶ Item the rote of the sea thistle cal-
led *Eringium* in latin, eaten in boeth
or dronken, is exceeding good.

¶ Some write that cicory is a singu-
ler remedy for the same disease. It is
ment by wyld cicorie, growyng in the
cornes.

¶ The floures of rosemary, made in
a conserua hath the same effect in cu-
ryng this disease.

I could declare many other remedies
commended of authours, but at this
tyme these shalbe sufficient.

Nowe I will entreate somewhat
of the palsey.

¶ Of the palsey or shakynge of
members.

The cure of the palsey in a chyld,
is not lyke to that whiche is in
eider

of chyldren.

elder age, for the synnues of a chylde be
very nesh and tender, and therfore they
ought to haue a much weaker mede-
cine, euermore regardyng the power
of the sickenesse, and the vertue of de-
bilitie of the grieved patient.

For somtimes the chylde can not lise
neither legges nor armes, whiche if it
happē during the sucking, than must
the nource vse a diet enclinyng to hote
and drie. & to eate spices, as galingale,
cinamome, ginger, macis, nutmiggess
& such other, w^{ch} roasted & fried meates,
but abstaine from milke and almaner
fishe. And it shall be good for her, to
eate a lectuarie made after this sorte.
Take mintes, cinamon, cumine, rose
leaves dried, mastike, fenugreke, bales-
rian, ameos dozonisi, zedoary, cloues,
saunders, and lignum aloes, of euery
one a dramme, muske half one drāme,
make an electuary with clarified ho-
ny, and let her eate of it, and geue the
chylde as muche as halfe a nut every
thre. daye

The boke
Daye to swallow.

A playster.

Take an ounce of waxe, and a dramme of euphorbium, at the potecaries, and temper it with oyle olive on the fier, and make a sercloth, to comfozte the backe bone, and the sinewes.

A goodly lauatoz for the same purpose.

Take lye of ashes, and seeth therein baye berries, and as much piony sedes, in a close vessel to the thirde part, and washe the childe often with the same.

Item a bathe of sauerie, matozim, tyme, sage, nepte, smallage, & mintes, or some of the is very good & holsoni.

Also to rubbe the backe of the childe and the limmes, with oyles of roses and spike, myrte together warme, and in stede of it ye may take oyle of baies.

Of the crampe or spasmus.

This disease is often sene among childre and cometh very lightly, as of debilitie of the nerves and
coz

of chyldren.

cordes, or els of grosse humours, that
suffe are the same: the cure of ¶ which
is declared of authours to be done by
frictions and ointmentes that coma
fort the sinowes & dissolve the matter,
as oyle of floure de luyce, with a litle
anyle, saffron and the rotes of piony.
Item oyle of camomil, fenugreke, and
mellilote, or the herbes sodde, betony,
wormewood, betueyne, and tyme, are
exceeding good to washe the chyld in.

Item the plaister of euphorbium,
written in the cure of palsey.

**¶ Of the stiffness or sturkeness
of limmes.**

Sometyme it happeneth that the
limmes are starke, and can not
well come together without the grea-
ter payne, which thyng procedeth ma-
ny tymes of cold, as whan a chyld is
found in the frost, or in the strete, cast
away by a wycked mother, or by some
other chaunce, although I am not ig-
norant that it may procede of many
other

W. b.

The booke

other causes, as it is sayde of Rasis, &
of Arnolde de villa noua, in his booke
of the cure of infantess.

And here is to be noted, a wonder-
full secrete of nature, many times ap-
proued, wyrtten of Auicenne in hys
first Canon, and of Cellus Antiquas-
rum electionū, libro. xiii. capit. xxxvii
that whan a mēber is vterly benum-
med and taken throughe colde, so that
the pacient can not feele his lymmes,
noz moue them according to nature,
by reason of the vehemēt of cōgelaciō
of h̄ bloud, in such case h̄ chiefest help
or remedy is not to set thē to the fyre
to receyue heate, for by that meanes,
lightly we se that euery one stroweth
and many dye outryght, but to sette
the feete, legges, and armes, in a payle
of clere colde water, which immediat-
ly shall dissolue the congelacion, and
restore the bloud to h̄ former passage
and fredome, after that ye may lay the
pacient in a bedde to swate, and geue
hym

of chyldren.

hym hote drinke and caudels of a co-
leis of a capon hote, with a litle cinas-
mome & saffron, to cōsozt the hart. An
argumēt of this cure ye may se thus.
When an apple or a peare is frozen in
the winter, sette it to the fier, and it is
destroyed: but yf ye put it into colde
water, it shall as well endure as it did
afoze, wherby it doth appere, that the
water resolueth colde, better with his
moysture, than the fier can do by rea-
son of his heate: for the water relen-
seth and the fier draweth and drieth,
as affirmeth Galene in his booke of
elementes.

Hitherto haue I declined by occasiō,
but I trust not in vayne to the reas-
der, now to my purpose.

When a young child is so takē with
a colde, I esteeme it best for to bath the
body in luke warme water, wherein
hath bene sodden maioran and time,
sage, sage, mentes, & suche other good
and comfortable herbes, thē to relieue
it with

The booke

It bryd meates of good nourishment,
according to the age and necessitie, &
if neede be, when ye se the limmes yet
to be starke, make an oynment after
this fourme.

An oynment for styffe and
stoynd limmes.

Take a good handfull of nettels, and
stampe them, then set them in oyle to
the third parr in a double vessel, kepe
that oynment in a drie place, for it wil
last a great while, and is a singuler re-
medy for the styffnes that commeth of
colde, & whoso anoynteth his handes &
fete with it in the morning, shal not be
griued with colde all the daye after.
The sedes of nettels gathered in har-
uest and kept for thesame entente, is
exceeding good sodden in oyle, or fried
with swines grece, which thing also is
very good to heale the kybes of hee-
les, called in latten *Permiones*. The
brine of a goate with the donge stam-
ped and layed to the place, resoluetb
the

the
Wh
trein
of th
make
that
with
to o
Take
eche a
water
witho
and c
the ch
and p
with
griefe
grece.
mon
bette
about
CD
S

of chyldren.

the stiffness of limmes.

When the cause commeth not by extreme cold, but of some other affectiō of the sinowes and cordes, it is best to make a bath or a fomentaciō of herbes that resolue and comfort the sinowes, with relaxacion of the grosse humors, & to open the pores, as by exāple thus. Take malowes, holphocke and dyl, of eche a handful or two, syeth them in the water of netes fete, or in broth of fleshy without salt, with a handful of branne and cumine, in the whiche ye shal bath the childe, as warme as he may suffer, and of ye se necessitie, make a plaister with the same herbes, and lay it to the griefe with a litte gorsegrece, or duckes grece, or if it may be gotten, oyle of camomill, of lyttes, and of dyll. Cloures bette in the said decoction, and layde about the members helpeth.

Of bloud shotten eyes, and other infirmities.

Sometime the eyes are bloudshot-
ten,

The booke

ten, and other whiles encreasing a filth
thi and white humour, couereng the
sight, the cause is often of to much
tryng, for the whiche it is good to
drop in the eyes a litle of the iuice of
nightshade, otherwyse called morell,
and to annoynte the forehead with the
same, and if the eye swell, to wette a
cloure in the iuice, and the white of
egges, and lay it to the grieve.

If the humour be clammythe and
though, & cleueth to the corners of the
eyes, so that the eyde can not open
the after his slepe, it shalbe remoued
with the iuice of houseleke, dropped on
the eye with a feather.

When the eye is bloude shoten and
redde, it is a singular remedy to put
in it the bloud of a young pigion, or
dove, or a parriche, either hoate from
the bird, or els dyed and made in pou-
der, as subtil as may be possible.

A playster for swelling and paine
of the eyes.

Ca

of chyldren.

Take quinces & crumes of whyte bread, & seeth them in water til they be softe, then stampe them, & with a litle saffron & the yolkes of two egges, make a plaister to the chilles eyes & forehead. He may let hym also receiue the sume of that decoction. It is also good in h meigrim: if he will haue further, loke in the regiment of lyfe, in the declaracion of paynes of the head.

¶ Of watryng eyes.

If h chilles eyes water ouermuch without cryng, by reason of a distillation commong from the head, Banardus receiue a goodly plaister, to restrain h reumes, & is made thus.

Partes horne bzent to pouder, and washed twyse, guatacū, otherwysse called liguum sanctum, corticum thuris, antimonie, of eche one part, muske the iii. part of one parte, make a fine pouder and vse it with the iuyce or water of fenel. These thynges haue verue to stauche the running of the eyes. The
shelles

The booke

shelles of snaples bzent, the ticke that
is found in the Dugges of kyne, phyl-
pendula, frankensence & the whyte of
an egge laied vpon y^e forehead, flewort
oz the water wherin it steeped, rutie, y^e
water of buddees of oke stilled, beane
floure finely sifted, and with the gume
of a cheritree steeped in vineger, & layd
ouer all the temples.

Of scabbynesse and pteche.

Sometime by reason of excesse of
heate, oz sharpenesse in the milke,
through the nourises eatyng of salt &
syrre meates, it happeneth y^e a chyld
is sene full of pteche by rubbing, fre-
ting, and chafyng of it selfe, encreasing
a scabbe called of the Grekes Psora:
which thynge also chaunceth vnto ma-
ny after they be weaned, proceeding of
salte and aduste humoures, the cure
wherof differeth in none other, but ac-
cording to the difference of age, for in
a suckyng babe the medicines maye
not be so sharpe, as it may be suffered
in one

of chylde.

in one that is already weaned: Against
suche unkynde pteche, ye may make an
oyntment thus.

Take water of betony, two good hand-
fulls, baylye leaues, & alehose othere
wise called tynour or ground yure, of
eche one handfull, the red docke rotes,
two or thre, stampe them altogether,
and grynde them wel, then mingle the
with freche grease, and againe stampe
them. Let them so stande, vntill daies to
putrifye till it be hoare, then sye them
out and strayne them and kepe it for
the same entent.

This oyntment hath a great effect,
both in yong and olde, and that with-
out repercussion or dysturbing backe of
the matter, whiche should be a peryl-
lous thyng for a yong chylde.

The herbe water betony alone, is a
great medicine to quenche al unkynde
heates without danger, or the serching
of it in cleare well water, to annoynt
the members. It is a comen herbe, &

Æ. i.

groweth

The boke

groweth by ryuers sydes, & smal ren-
ning waters, & wette places, arysing
many times the heyghe of a mā out of
the grounde, where he reioyseth, with
a stalke foure square, and many brach-
ches on euery syde, and also it beareth
a whitte blewe floure very small, &
in haruest it hath innumerable sedes,
blacke, and as fine as the sede of turs-
sone oz lesse, the leues bygge and long,
according to the ground, full of rype,
tagged on the sydes lyke a sawe, even
as other betonge, to whome it appor-
cheth in figure, & obteineth his name
of water betony. The sauoure of the
leafe is somewhat heauye, moste lyke
to y^e sauour of elders oz wallwort, but
when it is brused it is more pleasur,
whiche thyng induceth me to vary frō
the myndes of them that thynke this
herbe to be Gallopsis in Dioscorides;
wrytten of hym that it should stycke
when it is stamped, but the more this
herbe is stamped, the more swete and
herbes

of chyliden.

herbelike it sauozeth: therfore it can
not be galeopsis, and besides that, it is
neuer founde in drie and stony ground
as the Galeopsis is. Neyther is this
herbe mencioned of the newe or olde
authours, as farre as I can se, but of
only Aigo, & famous surgion of oure
tyme in Italy, whiche writeth on it,
that this herbe exceedeth al other in a
malo mortuo (so calleth he a kynde of
leppe elephantike, or an vniuersal &
fylthy scabbe of all the body:) and in
lyke maner he sayeth, it is good for to
cure a canker in the breastes. We may
reade these thynges in his secod boke,
Capitul. iiii. and his fift booke of the
frenche pockes, in the third chapter:
where he doth describe this aforesayd
herbe, with so manifeste tokens, that
no man wil doubt it to be water beto-
nyng, conferring the boke and the herbe
duly together. Whoresouer he nameth in
Italy a bydge where it groweth in
the water in great aboundaunce, and

R. ii.

is cald

The booke

is called of that naciō **Stabeueratoze** which in dede the **Italians** that come hyther and knowe both the place and the herbe, do affirme playnly, it is our water betony.

And where as he allegeth **Dioscorides** in **clineno**, which by cōtemplacion of both hath but smal affinitye or none with this herbe, it was for nothyng els but lacke of the tōges, which faute is not to be so highly rebuked in a mā of his study, applying him selfe more in the practyse of surgery, & to handre operaciō, wherin in dede he was nere incomparable, then he did to searche & variafice of tonges, & rather regarded to declare & operaciō of thinges with truthe, then to dispute vpon the proprieties or names with eloquence.

Thus haue I declined againe from my matter, partly to shew the description of this holsome herbe, partly to satisfie the mindes of the surgions in **Wigo**, whiche haue hitherto redde the
sayd

of chyldzen.

sayd places in vaine, and furthermore
because there is yet none that declar-
eth manifestly the same herbe.

An other remedy for scabbes
and yche.

Take the rootes of dockes, and frye
the in fresh grease, the put to it a quā-
tite of brimstone in powder, and vse
to rubbe y^e places twice or thrise a day
Brimstone poudred & souped in a reere
egge healeth the scabbes, which thyng
is also very good to destroy woymes.

Agobdy swete sope for scabbes
and yche.

Take white sope halfe a younde, and
stepe it in sufficient rosewater, till it
be well soaked, then take two drammes
of mercury sublimed, dissolve it in a
litle rosewater, labour the sope & the
rosewater well together, & afterwarde
put it in a litle muske or cpvette, and
kepe it. This sope is exceeding good to
cure a great scabbe or yche, and that
without perill, but in a childe it shall

℞. iiii.

suffise

The boke
suffyre to make it weaker of the mea-
sure.

In other approued medicine for scabs
byncelle and pteche.

Take fumitorie, docke rootes, scab-
biouse, & the roote of waltwort, stampe
them al, & set the in fresh grece to pu-
trifye, then frye them and strayne the,
in which lycour ye shal put turpentine
a litle quantitie, bymstone and fran-
kensence very finely poundred and sif-
ted a porcion, and with sufficient ware
make an ointment on a softe fyre: this
is a singular remedy for the same pur-
pose. But in this cure ye ought to gi-
ue the child no egges, nor any egge or
sharpe meate, & the nourse also muste
auoyde the same, and not to wrappe it
in to horte, and if neede be, to make a
bathe of fumitory, centaury, scithers
fewe, tansie, wormwood, and sauge, as
lone. yf ye se the cause of the pteche or
the scabbe to be wormes in the skinne
for a bitter decoction shall destroy the,
and

of chyliden.

and dry by the moistures of the sores.

C Of diseases in the eares.

Many diseases happen in the eares,
as payne, apostumes, swellings,
tyngnyng and sound in the head, stop-
ping of the organes of hearing: wa-
ter, wormes, & other infortunes gottē
into the eares, wherof some of them
are dangerous and harde to be cu-
red, some other expelled of nature
without medicine.

C Remedy for payne in the eares.

For payne in the eares without a
manifest cause, as often chaunceth, it
is a singular remedy to take the chest
wormes, that are found vnder barkes
of trees, or in other stumps in the
ground, & wil turne round like a pease,
take of them a good quantytie, and
seeth them in oyle, in the rinde of a
pomegranarde on the hote ymbres, &
it becometh not, and after that straine it
and put into the eares a droppe or two
luke warme, and then lette hym lye

℞.iiii.

vpon

The booke

vypon the other eare, and reſte: Ye may
geue this to all ages, but in a child ye
muſt put a very litle quantitie.

In other.

The hame or ſhynne of an adder or a
ſnake, that ſhe caſteth, boyled in oyle, &
dropped into the eares, eaſeth þ paine,
& it is alſo good for an eare that ma-
tereth mingled with a litle hony, and
put in luke warme. It is alſo good to
droppe into the eares the iuyce of o-
ganze and mylke.

For ſwelling vnder the eares.

Barnters oyle, which is oyle of lynes-
ſede, is exceeding good for þ ſwelling
of the eares, and for paine in the eares
of all cauſes.

Item a plaſter made of lynesſede and
dill, with a litle duckes greaſe & hony.
If ye ſe the apoſtume breake, & renne,
ye may clenſe it with the iuyce of ſmal
lache, the white of an egge, barley flour
and hony, which is a common plaſter
to mundifie a ſore.

When

of chyldren.

When the eares haue receyued water
or any other licour, it is good to take
and stampe an onion and wring out þ
iuyce with a litle gorsegrease, & drop it
hote into the eare as it may be suffered
and laye hym downe on the contrarpe
syde an houre, after that cause him to
nese if his age will suffer, with a litle
pellitory of Spayne, or nesyng pou-
der, and then enclyne his eare downe-
warde, that the mater may issue.

¶ For wormes in the eares.

Take mirre, aloes, and the seede of
colocynthis, called coloquintida of the
apothecaries, a quantity of ech, seeth
thē in oyle of roses, & put a litle in the
eare. Mirre hath a great vertue to re-
moue the stench that is caused in the
eares by any putrefactiō, and the bet-
ter with oyle of bitter almons, or ye
may take the iuyce of wormwood with
hony and salte peter.

**¶ For wynde in the eares and
runklyng.**

℞. b.

Take

The booke

Take myrrre, spykenarde, cummine, hyll, and oyle of camomyll, and put a droppe in þe eares. That that haue not all these, may take some of them, and applye it accordyng to discretion.

To amende deafnesse, ye shall make an ointmēt of an hares galle, and the grease or dropping of an ele, which is a souerain thyng to recouer hearing.

Of nesyng out of measure.

When a chyld nesyeth out of measure, What is to sape, with a long continuance, and therby the brayne and vertues animall be febled, it is good to stoppe it, to auoyde a further inconuenience.

Wherfore ye shall annotnt the head with the turce purcelane, sozell, and nyghtshade, or some of them, and make a plaister of the whyte of an egge, and the turce, with a litle oyle of roses, & emplayster the fozthead and temples, with the mylke of a woman, oyle of roses, and byueger a litle.

If it

If it
a pla
wine
head
& lay

An
is na
teeth
bere
swell
cryin
reun
ally
fozth
ter, a
The
to p
and
the g
hare
and
lone

of chyldren.

If it come of cold reume, ye shall make a platister of mastike, frâkesence, mirre wine, & apply it to the former parte of the head. A fume of the same receiued in flax & layd vpon the chylde's head, is holisome.

¶ Breedyng of teeth.

About the seventh moneth, somtyme moze, somtyme lesse, after the birth, it is naturall for a chylde for to breede teeth, in whiche time many one is sore vexed, with sôdy diseases & peines, as swelling of the gûmes & iaues, vniquiete crying, feuers, crâpes, palsies, fluxes, reumes, and other infirmities, specially whan it is long or the teeth come forth, for the soner they appere, the better, and the moze ease it is to the chylde. There be diuers thinges that are good to procure an easy breeding of teeth, among whom the chieffest is to annoint the gummes, with the braynes of an hare, myxt with as much capôs greace and hony, or any of these thynges alone, is excedyng good to supply the gummes

**The booke
gummes and the synewes.**

Also it is good to masse the chyldes
twoo or thre tymes in a weeke, with
warme water, of the decoction of cas-
sompill, hollyhocke and dyll.

Fresh butter with a litle barley floure,
or hony, with the fine powder of franc-
kinsence & liquozice, are commended of
good authoures for the same entente.
And when the peyne is greatte, and
intollerable, with apostume or infla-
macion of the gummes, it is good to
make an ointment with oyle of roses to
the succ of mozelle, otherwysse called
nyghtshade, and in lacke of it, annoint
the lawes within, with a litle freshe
butter and hony.

For lacke of the hares brayne, ye may
take the conies, for they be also of the
kyndes of hares, and called of Plinie
Dasypodes, whose lawes are of the
same effecte in medicine, or rather
more than is writen of authours, of
the lawes of hares.

Item

If a
apo
full
shall
the b
equa
ye h
nope
cion

pen
qual
head

Te
dyl, o
a qu
they
fore
purg
nes,
and
foze
e all
To

of chyldezen.

If ye se the gummes of the chylde to
apostume or swelle with softe fleshe,
full of matter and paynfull, the beste
shall be to anoynt the soze place with
the brayne of an hare, & capons greace,
equally myxt together, and after that
ye haue vsed this, ones or twyse, an-
noynt the gummes and apostumas
cions with hony.

Thirde if this helpe not, take tur-
pentine mixte with a litle honye in e-
qual portion: And make a bath for the
head of the chylde, in this fourme.

Take the floures of camomyle and
dyl, of eche an handfull. seeth them in
a quarte of pure rennyng water, vntill
they be tender, and washe the head a-
fore any meate, euery mornynge, for it
purgeth the superfluytie of the bray-
nes, thzough the seames of the skull,
and wythdraueth humours from the
soze place, finally cōfōrteith the brayne
& all the vertues animal of the childe.
To cause an easy broedyng of teethe,
many

The booke

Many thynges are reherfed of autours,
besydes the premisses, as the first cast
tooth of a coltre; set in siluer & borne,
or redde coralle in lyke maner, hanged
about the necke, wher vpon the chyld
shuld oftentimes labour his gummes,
and many other lyke, whiche I leaue
out at this time, to auoid tediousnes,
onely content to declare this of corall,
that by cōsent of all authours, it resis-
teth the force of lightenyng, helpeth
the chyldren of the falling euell, and
is very good to be made in powder, &
dronken against al maner of bleeding
of the nose or fundament.

Of canker in the mouth.

Any tymes by reason of corrup-
tion of the milke, venemous va-
pours arising from the stomake, & of
many other infortunes there chaunceth
to breede a cāker in þe mouthes of chil-
dren, whose signes are manifest ynough
that is to say, by stinkynge of þe mouth,
prync in the place, continuall renning
of spitt

of spit
when
somme
cank
latte
crepe
back
abro
led i
I kn
cient
thys
bicer
cino
engl
ker i
be m
ter,
fore
for t
chil
bery
tent
of th

of chyldren.

of spittle, swelling of the cheeke, and when the mouth is opened against the sonne, ye maye see cleerely where the canker lyeth. It is so named of the latter sort of phisicions, by reason of crepyng and eatyng forwarde and backward, and spreadethe it selfe abroad lyke the feete of a creues, called in latine cancer, notwithstanding I knowe that the Grekes, and ancient latynes, gyue other names vnto this dysease, as in callenge it an blister, otherwhyles apthie, nome, carcinomata, and lyke, whiche are all in englysh knowne by the name of canker in the mouthe, and although there be many kindes according to the matter, wherof they be engendred, & therefore require a diuersitie of curyng, yet for the mosse parte, when they be in chyldren, the cure of them all differeth very little or nothyng, for the chiefe intent shal be to remoue the malignitie of the soze, and to drie by the noysome matter

The booke

matter and humours, than to misdise-
& heale, as in other kyndes of vlcers,

Themedies for the canker in the
mouth of chyldren.

Take dye redde roses, and violets
of eche a like quantitie, make the
in pouder, and mixt them with a litle
hony, this medicine is very good in a
tender suckyng chylde, & many tymes
heateh alone without any other thig
at all. But if ye se there be great heat
and burning in the soze, with exceeding
payne, ye shall make a iuice of purces-
lane, lettuse & night shade, & washe the
soze with a fyne piece of silke, or vtue
it in with a spoute, called of the sur-
gions a spyngge.

This by the grace of God, shall abate
the brennyng, aswage the payne, and
kill the venime of the vicer.

But if ye see the canker yet encrease
with great corrupciō & matter, ye shall
make an oynment after this maner.

Take mirre, galles wherewith they
make

of chyldren.

make ynke, or in defaute of them oken
apples dyed, frankynsence, of eche a
like much, of the blacke berries grow-
yng on the bramble, taken from the
bush while they be grene, the .iii. part
of al the rest, make them al in pouder,
and mixt them with as much hony and
safron, as is sufficient, and vse it.

CA stronger medicine for the canker
in the mouth of chyldren.

Take the roote of celidonye dyed,
the rinde of a pomegranate, redde cor-
ral in pouder, & the pouder of a hartes
hoine, of eche a lyke, roche alume a li-
tle. First washe the place with wyne,
or warme water, and hony, and after-
warde putte on the foresayde pouder,
very fyne and subtile.

CAn other singuler medicine for the
canker in the mouth of all ages.

R. ysape, sage, rue, of eche one good
handfull, seeth them in wyne and wa-
ter, to the thirde part, then straine the
out, and put in it a lytle whyte copes

P. i. rose,

The boke

rose, according to necessity: that is to
saye, when the soze is great, put in the
more, than it is smal, ye may take the
lesse, than adde to it a quantitie of ho-
ny clarified, and a sponesfull or two of
good aqua vite, washe the place with
it, for it is a singuler remedye, to re-
moue & malice in a short whyle, whiche
done, ye shall make a water incarna-
tiue and healing thus.

R. rybwoort, betonye and daylies, of
eche a handfull, seeth them in wyne &
water, and washe his mouthe twoo or
thre times a daye with thesame iurce.
Whoeuer some wyte & chystal made
in fine pouder, hath a singuler vertue
to, destroye the canker, and in like ma-
ner & pouder of an hartes horne brent
with as muche of the rinde of a pome-
granade, and the iurce of nyghtshade,
is very good and hollesome.

Of quinsy and swelling of the throte.
The quinsy is a dangerous sick-
nes, both in younge and olde, cal-
led in

led in
naci
great
ry the
than i
stoppe
the pa
Dih
bonch
than a
of bre
sone a
ohedi
The
besyd
neyth
drink

It is
oye c
lynes
clou
ry, la
E

of chyl dren.

led in latin sangina, it is in an inflammation of the necke with swelling & great pain, sometime it lieth in the very throte, vpon the vesant pype, and than it is exceeding peryllous, for it stoppeth the breath, and strangleth the patient anone.

Othertwyles it breaketh out lyke a bonche on the one side of the necke, and than also with very greate difficultie of breathynge, but it choketh not so sone as the first doeth, and it is more obedient to receyue curacion.

The signes are apparant to syght, & besides that the chylde can not crye, neyther swallowe downe his meate & drinke without payne.

¶ Remedy.

It is good to annoint the grieve with oyle of dyll, or oyle of camomyll, and lilies, and to laye vpon the head, hote cloutes dypt in the waters of rosemary, launder, and saucry.

The chiefest remedy commended of
P. ii. authours

The booke

authours in this outrageous sickness, is þ powder of a swallow bzent to feathers and all, and myxte with hony, whereof the patient muste swallowe downe a litle, and the rest annoynted vpon the payne. They prayse also the powder of the chyldes dunge to the chylde, and of a man to a man, bzent in a pot, and annoynted with a litle hony. Some make a compounded oymtment of both, the receite is thus. R. of the swallow bzent one porcion, of the second powder another, make it in a thicke fourme with hony, and it will endure longe for the same extent.

Item an other experiment for the quinsy and swelling vnder the eares.

Take the musherom that groweth vpon an elder tree, called in englysh Jewes eares (for it is in dede crooked and flat, muche lyke an eare) heat it against the fyre, and put it hote in any drynke, the same drynke is good & holysome for the quinsy.

Some

of chyldren.

Some hold opinion, that whoso vseth
to drinke with it, shall neuer be trou-
bled with this disease, and therefore
cary it about with them in iourneys.

¶ Of the cough.

The cough in childre for the mosse
part, procedeth either of a cold, or
by reason of reumes, descending from
the head into the pipes of the longes
or the breast, and that is mosse comon
by ouermuche aboundaunce of milke
corrupting the stomake and brayne:
therfore in that case, it is good to fede
the childe with a moze slender diete, &
to annointe the head ouer with hony,
and now and than to presse his tong
with your synger, holdyng downe hys
head that the reumes may issue, for by
that meanes the cause of the cough
shall runne out of his mouthe, and ac-
uoyde the childe of many naughtie and
climy humours: whiche done many ti-
mes the patiente amendeth without
any further helpe of medicine.

P.iii.

¶ For

The boke

For the cough in a childe.

Take gumme arabike, gumme dragagant, quince sedes, liquirice and pentades, at the apothecaries, breake the al together, and geue the childe to sup a litle at once, w a draught of milke new y warme, as it cometh fro the cowe.

Also stampe blaunched almons, and bring them out with the iuice of fenell, or water of fenell, and geue it to the childe to fede with a litle suger.

Against the great cough and heate in the body.

The heades of white poppe, and gumme dragagant, of eche a like much, long cucumer sedes, as muche as all, seeth the in whay, with reasons & suger, & let the childe drinke of it thwse or thwse a daye, luke warme or colde.

Of straitnesse of wynde.

Against the straitnesse of breathing, which is no quinsie, the consent of authours do attribute a great effect, to lincsebe made in powder, & tempered

of chyldren.

red with honey, for the child to swallow
downe a litle at once. I finde also that
the milke of a mare newly receiued of
the childe with suger, is a singuler re-
medy for the same purpose. Which thing
moreouer, is exceeding holisom to ma-
ke the belly lax without trouble.

Of weaknes of the stomake, and
vomiting

Anny times the stomake of a child
is so feble that it cannot retayne
either meate or drynke, in whiche
case and for all debilitie thereof, it is
very good to washe the stomake with
warne water of roses, wherein a ly-
tle muske hath bene dissolued, for
that by the odour and naturall heate
geneth a comfort to all the spiritual
members.

And then it is good to rost a quince
tender, & with a litle pouder of cloues
& suger to geue it to the chylde: to eat
conserua quinces, wth a litle cinamome
and cloues, is singuler good for the
same

P.iii.

V

The boke
same entet. Also ye may make a succe
of quinces and geue it to the childe to
drinke with a litle suger.

An opntment for the stomake.
Take gallia muscata at the potheca-
ries. xx. graine weight, murrhe a very
litle, make it by in opntment fourme,
with oyle of mastike, and water of ro-
ses sufficient, this is a very good oint-
ment for the stomake.

An other synguler receit.
Take mastike, frankinsence, and drie
redde roses, as much as is sufficient,
make them in powder, and temper the
by with the iuyce of myntes, and a
sponcfull of vinegar, and vse it.

An other.
Take wheat floure. and parche it on a
panne, tyll it begynne to brenne and
waxe redde, than stampe it with vine-
ger, and adde to it the yolkes of twoo
egges harde roasted, mastike, gumme,
frankinsence sufficiēt, make a plaister
and laye it to the stomake.

To

of chyldren.

To recouer an appetite lost.

Take a good handfull of ranke and lusty rewe, and seeth it in a pynt of vinegar to the thirde parte or lesse, and make it very strong, whereof if it be a chyld, ye may take a roaste of brown bread, and stampe it with the same vinegar, and laye it plaisterwise to the stomake, and for a stronger age besides the plaister, lette hym suppe morning and euening of the same vinegar.

This is also good to recouer a stomake lost, by coming to a syer after a long iourney, & hath also a singular vertue to restore a man that swooneth.

An experiment often approued of Rasis for the vomits of chyldren.

Rasis a solemne practitioner among physicians, affirmeth that he healed a great multitude of this disease, only with þe practise following, which he teacheth to be of great effect i all like cases.

First he maketh as it were an electuarie of apothecarye stuffe, that is to

P. b.

saye,

The bone

Saxe, lignum aloes, mastike, of euery
one half a dramme, galles half a scrup-
le, make a lectuarpe with syrupe of
roses, and gallia muscata and suger.

Of this he gaue the children to eate a
very lytle at once & often. Afterwarde
he made a plaister thus. R. mastike,
aloes, sloes, galles, frankensence, and
brent bread, of eche a like poztib, make
a plaister with oyle & syrupe of roses,
so be laid to the chldes stomake hote.

An other oymntment for the sto-
make, described of Wilhel.

Placentino.

Take oyle of mastike oz of wormes
wood. ii. ounces, waxe. iii. ounces, clo-
ues, macis, and cinamome, of eche thze
drammes, make an oymntment adding
in the ende a lytle vineger.

The polke of an egge hard roasted,
mastike, frankinsence & gume, made
in a plaister with oyle of quinces, is
excedyng good for thz same purpose.

Of peaxing oz hicket.

of chyldren.

A chauceyth oftentimes that a childe yeareth out of measure: wherfore it is expedient to make þe stomake eigre afoze it be fed, & not to replenish it with to muche at oncs, for this disease commonly procedeth of fulnes, for if it come of emptines, or of sharp humors in the mouth of the stomake, which is seldome sene: the cure is then very difficill and dangerous.

Remedye.

When it cometh of fulnesse that a childe yeareth incessauntly without measure and that by a lōg custome, it is good to make him vomit with a feather or by some other lighte meanes, þe matter whiche causeth þe yearing, may issue & vncumber the stomake, þe done, byng it a slepe, and vse to annoynte the stomake with oyles of castor, spike, camomill, and dyll, or two or .iii. of them, ioined together warme.

Of colike and rumbling in the gutes.

Paine

The boke

Paine in the belly is a common disease of childre, it cometh either of wormes, or of taking cold, or of euill mylke, the sygnes thereof are to well known, for the chylde can not rest, but cryeth and fretteth it selfe, and manye tymes can not make their vyne, by reason of wynde, that oppresleth the necke of the bladder, and is known also by the member in a manne chylde, whiche in this case is alway stiffe, and pricking, mozeouer the noyse and rubbing in the guttes, biher and thider, declareth the childe to be greued, with with wynde in the belly, and colyke.

Cure.

The nource must auoyde all maner meates that engeder wynd, as beanes peason, butter, harde egges, and such.

Then washe the chyldes belly with hote water, wherein hath bene sodden cumine, Dill and fenel, after that make a playster of oyle and waxe, and clappe it hote vpon a cloth vnto the belly.

of chyldren.

An other good plaister for the
same intent.

The good stale ale and freshe butter, seeth them with an handfull of camomile poudred, and after put it all together into a swynes bladder, & bynde the mouth faste, that the lycoure passe not out, then wind it in a cloth, & turne it vp and down vpon the belly as hote as the paciēt may suffer, this is good for the colyke after a sodayne colde, in all ages, but in chyldren ye muste beware ye applie it not to hote.

Of fluxe of the belly.

In any tymes it happeneth, eyther by taking colde, or by reason of great paine in brading of teeth, or els through salte and riger fleume or choler engendred in the bodye, that the chyld falleth in a sodayne lax, which if it long continue and be not holpen, it maye bring the patient to extreme leannes & cōsumpciō: wherfore it shal be good to seeke some hollosom remedy, & to stop

The booke

to stop the running of the fluxe thus.

The Remedy for the fluxe in a childe.

First make a bath of herbes that do reitraine, as of plantain, saint Johns weede called ipericon, knotgrasse, burse, pastours and other suche, or some of them, and vse to bath him in it as hote as he may wel suffer, then wrap him in with clothes, & lay him down to slepe.

And if ye se by this twise or thrise vsing, that the belly be not stopped: ye may take an egges yolke harde roasted and grinde it with a litle saffron, myrthe and wyne, make a plaister, & apply it to the navel hote. If this succede not, then it shalbe necessary for to make a pouder to geue him i his meat with a litle suger, and in a small quantitie thus.

Take the pouder of hartes horne brennt the pouder of goates claws, or of swines claws brennt, the pouder of the seede of roses which remainn in the berry when the rose is falle, of euery one
a parts

of chylben.

a porcion, make them very fyne, and
with good redde wyne oz almon milke,
and wheat floure, make it as it were a
paste, and drie it in litle ballcs til ye se
necessitie, it is a spnguler remedy in al
suche cases.

Item the mylke wherin hath bene
sodden white paper, and afterwarde
quenched many hete irons oz gaddes
of stele, is exceeding good for the same
intent to drinke.

And here is to be noted, that a natu-
rall fluxe is neuer to bee feared afoze
the seventh day, and except there issue
blonde, it ought not to be stopped a-
foze thesayd tyme.

Pouder of the herbe called knot-
grasse oz the iuice therof in a possette
dronke, oz a plaister of thesame herte,
and of bursa pastoris, bolearmony, &
the iuice of plantaine with a litle be-
neger, and wheate floure is exceedng
good for thesame cause.

Also the rinde maw of a young sac-
king

The booke

kyng wydde geuen to the chyldre, the
weight of .x. graines, with the yolke of
an egge soft rosted, and let the paciēt
abstayne from milke by the space of .ii.
houres befoze and after, in stede wher
of ye maye geue a rosted quynce oz a
warden with a litle suger and sinas
mome to eate.

Item an other goodly receypte for
thesame entent.

Take sozel sede, and the hernelles of
greate rapseus dried, a corne cuppes,
and the sede of white popie, of eche .ii.
drammes, saffron a good quantitie,
make them in pouder and temper the
with the iuice of quinces, oz syrre of
red roses, this is a soueraine thing in
al fluxes of the wombe.

Many other thinges are written of
authours in the sayd disaase, which I
here leane out for breuitie: & also be-
cause the afoze reherfed medicines are
sufficiēt ynough in a case curable: yet
well I not omitt a goodly practise in
the

of chyldren.

the sayde cure. The yessill of an hart of a stagge dried in powder and dronken, is of great & wonderful effect in stoppyng a fluxe. Which thing also is approued in the lyuer of a beast called in Englyshe an otter. The stones of him dronke in powder, a litle at ones, xxx. daies together, hath healed men for euery of the falling euill.

Of stopping of the belly.

When as a fluxe is dangerous, so is stopping and hardenelle of the belly greuous & noysome to the chyld, and is often cause of the collicke and other diseases.

Wherefore in this case ye must alway put a litle hony in the chyldes meate, and let the nource geue hym hony to sucke vpon her synger, and if this wil not helpe, then the next is to myxe a lytle syne and cleare turpentine with hony, and so to resolue it in a saucer, and let the chyld suppe of it a lytle.

This medicine is described of Paus

5.1.

lus

The booke

hus aegina, & recited of diuers other
as a thyng very hollesome and agreing
to the nature of the chyld: for it doth
not only losen the belly without grieve
or daunger, but doeth also purge the
lyuer and the longes, with the splene
and kidneies, generally comfortyng al
the spirituall members of the body.

The gall of an oxe or a come layed
vpon a cloute on the nauyle, causeth a
chylde to be loose bellied, lykwyse an
emplaster of a roasted onyon, the gall
of an oxe, & butter layed vpon the bel-
lye as hote as he may suffre. If these
wyl not helpe, ye shall take a litle con-
ten, and rolle it, and dipped in the sayd
gall, put it in the fundament.

¶ Of wormes.

¶ Here be diuers kindes of wormes
in the belly, as long, short, round,
flat, and some small as lice. they be all
engendred of a crude, grosse, or phleg-
matike matter, & neuer of choler nor of
melancholy, for all bitter thynges kill
leth

of chyliden.

leth them, & all swete meates that engendze fleume, nouryssheth and fedeth the same. The signes differ according to þe wormes. For in the long & round, the paciēt cōmonly hath a drie cough, paine in the belly about þe guttes, som tyme peaking & trēbling in þe nighte, & starte sodainly, and sal a slepe agayne, other whyles they gnashe and grynd their teeth together, the eyes waxe howlowe, with an eygre lōke, & haue great desyre in slombryng and silence, verpe loth when they are awaked. The pulse is incertayne, and neuer at one stave, sometime a feuer with great colde in þe ioyntes, whiche endureth thre or foure houres in the night or day, many haue but small desyre to meate, and when they desyre, they ate verp gredelepe, whiche if they lacke at their appetite, they forsake it a great while after, the hole body cōsumeth and waxeth leane, the face pale or blewe: sometime a fluxe, sometimes bowite, & in some the bel-

¶.ii.

ipe is

The boke

Iye is swollen as thicke as a taberet.

The long and brode wormes are known by these signes, that is to say yelownesse or whittishnesse of the eyes, intollerable hunger, great gnawynge and greppng in the belly, specially afoze meate. water comming out at the mouth, or at the fundament, continuall pteche and rubbing of the nosethilles, sonken eyes and a stinkyng breath, also when the person doth his easement there appeareth in the donge litle flat substaunces, muche like the seedes of cucumers or gourdes.

The other lesse sorte are engendred in the great gutte, & may well be known by the excedyng pteche in the fundament within, & are oftentimes sene commyng out with the excrementes. They be called of phisicians ascarides.

A Remedy for wormes in chyldren.

The herbe that is found growyng vpon oysters by the seas syde, is a singular remedy to destroie wormes, and
is cal=

of chyldren.

is called therfore of the Grekes Sco-
litabotani, that is to say, & herbe that
kylleth wormes: it muste be made in
pouder, and geuen with swete mylke
to the chyld to drinke. The phisicians
call the same herbe corallino.

A singular recepte for to kyll
wormes.

Take the gall of a bull or ox, newly
kylled, and stampe in it a handfull of
cummyne, make a playster of it, and
lay it ouer all the belly, remouyng the
same euery fyre houres.

Item the gall of a bull with seedes of
colocynthis, called coloquintida of the
apothecaries, and an handfull of baye
beries, wel made together in a play-
ster, with a sponesfull of strong vines
ger, is of great effect in the same case.
If the chyld be of age or strong com-
plexion, ye may make a fewe pilles of
aloes, and the pouder of wormescede,
then wynde them in a pece of a singing
lose, and annoynte them ouer with a

℞.iii.

lytle

The boke

litle butter: and let them be swallowed
Downe hole without chewing.

¶ Of swelling of the nouill.

In a childe late ye boone, and ten-
der, somtyme by cutting of the na-
upill to nere, or at an inconueniente
season, somtyme by swadlyng or bin-
dyng amysse, or of muche crying, or
coughyng, it happeneth othertwhiles,
that the nauill aryseth and swelleth
with great pain & aposthemaciō, the re-
medy wherof is not muche differente
from the cure of vicers, sauing in this
that ye ought to applye thynges of
lesse attraction, then in other kynde of
vicers, as for an exāple, ye may make
an oynment vnder this fourme.

Take spike or lauender, halfe an ounce,
make it in powder, and with thre ounce
s of fyne and cleare turpentine, re-
per it in an oynment, addyng a por-
tion of oyle of swete almons. But if
it come of crying, take a lytle beane
floure, and the asshes of fyne linnen
cloutys

of chyldren.

cloutes bzent, and tēper it with redde
wyne and hony, and laye it to the soze.

A plaister for swelling in
the nauyll.

Take cowes donge, and dype it in
pouder, barley floure, and beane floure,
of eche a porcion, the iuyce of knots
grasse a good quantitie, cummine a
litle, make a playster of all and set it
to the nauyll.

An other.

Take cowes donge and seeth it in
the iuyke of the same cowe, and lay it
on the grieve. This is also maruey-
louse effectuell to helpe a sodayn ache
or swelling in the legges.

Of the stone in chyldren.

The tender age of chyldren as I
sayde afore, is vexed and afflic-
ted with manye greuous and peril-
lous diseases, among whome there is
fewe or none so violent or more to be
feared in them, then that whiche is
moste feared in al kindes of ages, that

¶.iii.

is to

The boke
is to say, the stone, an hounge and a plis-
tiffull disease, euer the moze encreas-
syng in dayes, the moze rebellyng to
the cure of phisicke.

Therfore is it excedyng daungerous
whan it falleth in chyldren, for asmuch
as neither the bodie of them may be
well purged of the matter antecedent,
called humoz peccans, noz yet cā abide
any vyolent medicine hauyng power
to breake it, by reason wherof the said
disease acquireth suche a strengthe as
boue nature, that in processe of tyme it
is vtterly incurable.

Yet in the beginning it is oftentimes
healed thus.

First let the nource be well dyeted,
or the chyld, if it be of age, abstaining
from al grosse meates, and hard of di-
gestion, as is beafe, bacon salt meates
and cheese, than make a pouder of the
roote of peonye dyed, and myngle it
with as muche hony as shalbe suffi-
cient, or if the chylde abhorre hony, make
it by

of chyldren.

It by with suger, molten a litle vpon the coales, and geue thereof vnto the chyld, more or lesse, according to the strengthe, twice a daye, till ye see the byrne passe easely, ye may also geue it in a reere egge, for without dout it is a singuler remedy in chyldren.

An oyntment for the same.

Oyle of scorpions, if it may be gotten, is exceeding good to annoint with all the members, and the nether parte of the belly, ryght against the bladder, ye may haue it at the apothecaries.

A singuler bath for the same enter.

Take mallowes, holyhocke, lylp roses, lynseede, and parietary of the wal, seeth them all in the broth of a shepes head, and therein vse to bathe the chyld oftentimes, for it shall open the straitnes of the condites, that the stone may issue, swage the payne, and bynge out the grauell with the byrne, but in more effect whan a plaister is made, as shal be sayd hereafter, and layed vpon the

F.v.

raynes,

The boke
raynes and the belly, immediately af-
ter the bathyng.

A plaister for the stone.

Take parietarie of the wal, one por-
tion and stampe it, Doves donge ano-
ther portion, and grinde it, than frye
them both in a panne, with a good qua-
ntitie of freshe butter, and as hote as
may be suffered, lay it to the belly and
the backe, and from.iiii.houres to.iiii
let it be renewed.

This is a souerayne medicine in al
maner ages.

Item an other powder which is made
thus.

Take the kernels or stones that are
found in the fruite, called openers or
mespi'es, or of some medlars.

Make them in fine powder, whiche is
wounderfull good for to breake the
stone without daunger, both in yong
and olde.

The chestwormes dried and made
in fine powder, taken with the brothe
of a

of chyldren.

of a checken, or a litle suger, helpeth them that can not make their brine.

¶ Of pissing in the bedde.

Many times for debilitie of vertue retentive of the reines or bladder as well old men as chyldren, are oftentimes annoied, whā their brine issueth out either in their slepe or waking against their willes, hauig no power to reteine it whan it cometh, therfore if they wil be holpē, first they must auoid all fat meates til the vertue retentive be restored againe, & to vse this pouder in their meates and drinckes.

Take the wesande of a cocke, and plucke it, thā brenne it in pouder, and vse of it twyse or thysse a daye. The stones of an hedgehogge poudred is of the same vertue.

Item the clawes of a goate, made in pouder dronken, or eaten in pottage.

If the pacient be of age, it is good to make fyne plates of leade, with holes in them, and lette them lye often to the

The booke
the naked backe.

¶ Of bruistynge.

The causes of it in a chyldre are
manye, for it maye come of verpe
lyght occasions, as of greate cryeng,
and stoppyng the breath, byndyng to
straghte, or by a fall, or of to greate
rockyng, and suche like, may cause the
filme that sprecaderth ouer the belly, to
bryake or to slacke, and so the guttes
fall downe into the cob, whiche if it be
not vterly vncurable, may be healed
after this sorte.

Firste laye the patient so vpon hys
backe, that his heade maye be lower
than his heeles, than take and reduce
the bowels with your hande into the
due place, afterwarde ye shall make a
plaister to be layde vpon the coddies, &
bounde with a lace round about the
backe, after this fourme.

Take rosin, frankynsence, mastike,
cūmpne, lyfeseede, & anyse seede, of euery
one a lybe, pouder of osmunde rootes,
that

of chyldren.

that is to saye, of the brode serue, the
iii. parte of all, make a plaister with
sufficient oyle olive, and fresh swynes
greace, and spreade it on a lether, and let
it continue (except a great necessitie)
twoo or thre weekes, after that applye
an other lyke, tyll ye see amendement.
In this case it is very good to make
a powder of the heares of an hare, & to
temper it with suger or conserua ro
ses, and geue it to the childe twyse eue
ry daye.

If it be aboute the age of .vii. yere, ye
may make a singuler receite in drinke
to be taken every day twyse, thus.

A drinke for one that is brusten.
Take marfelow, daylies, comfery, and
osmundes, of every one a lyke, seeth
them in the water of a smythes forge,
to the thirde part, in a vessell couered,
on a soft fyre, then strayne it and giue
to drinke of it a good draught at ones
mornyng and euenyng, addyng euers
more in his meates and drinkes, the
powder

The boke
... powder of the heare of an hare, beyng
dried.

Of falling of the fundamēt.

Any times it happeneth that the
B gut called of the latines rectum
intestinum, falleth out at the founda-
ment, and can not be gotten in agayne
without peine and labour, whiche dy-
sease is a cōmon thynge in chyldren cō-
ming oftentimes of a sodaine colde or
a long lax, and may well be cured by
these subscribed medicines.

If the gutte hath bene long out, and
be so swollen that it cānot be reposed,
or by coldnes of the ayre be congeled,
the best counsell is to let the chyld sit
on a hote bathe, made of the decoction
of mallowes, holphocke, lyneseede, and
the rootes of lylpes, wherin ye shall
bathe the fundament with a softe
cloute, or a sponge, and whan the place
is suppled thurst it in agayne, which
done, than make a powder thus.

A powder for falling of the fundamēt.

Take

of chylben.

Take the pouder of an hartes borne
bêr, the cuppes of acornes dried, rose
leaves dried, goates clawes bzent, the
rinde of a pomegranate, and of galles,
of euerye one a porcion. Make them
in pouder, and strowe it on the fundamēt.
It shal be the better if ye put a
lytle on the gut, afoze it be reposed in
y place, & after it be settled, to put more
of it vpon the fundamēt, than binde it
in with hote linnen clothes, and geue
the childe quinces or a roasted warden,
to eat with cinamome and suger.

Another good pouder for the same.

Take galles, myrr, franksinsence,
mastike, & aloes, of euerye one a litle,
make them in a pouder and strowe it
on the place.

A lytle tarre with gose greace, is also
very good in this case.

An other good remedy.

Take the wolle from betwene the
legges, or of y necke of a shepe, whiche
is full of swate and fatic, than make
a iuyce

The boke

a tuice of vnsette leekes, and dippe the wolle in it, and laye it to the place as whote as may be suffered, and whan it waxeth cold remoue it and apply an other hote, this is a very good reme- dy for fallng of the fundament.

If the chyld prouoke many tymes to seege, and can expell nothyng, that dyscale is called of the Grekes tenes- mos, for the which it shalbe very good to apply a playster made of gardeine crellis and a cummine in like quantis- tie, frye them in butter, and laye it on the belly as hote as he may suffer.

It is also commended, to fume the ne- ther partes with turpentine & pitche, and to sit long vpon a bourd of cedar oz iuniper, as may be possible.

¶ Chafng of the skynne.

In the flanks, armeholes, and vnder the eares, it chaunceth oftentis- mes that the skynne frettereth, either by the chyldes owne byrne, oz for the defaute of washyng, oz els by wrap- ping

of chyldren.

Item an ointment for his temple
armes and legges, made of oyle of ro-
ses, and populeon, of eche lyke muche.

If good medicine for the ague
in chyldren.

Take plantain with the roote, and
walhe it, then seeth it in fayre running
water to the third parte: whereof ye
shall geue it a draught (yf it be of age
to drinke) with sufficient suger, & thape
the sodden herbes as hote as maye be
suffred, to the pulses of the handes &
fete. This must be done a litle afoze
fit, & afterward couer it with clothes.

The oyle of nettles wherof I spake
in the title of stiffness of limmes, is ex-
ceeding good to annoint the members
in a cold shakynge ague.

Of swellynge of the codder.

To remoue the swellynge of the
codder, procedynge of venositie,
or of any other cause (except brusling)
whether it be with inflammation or
without, here shall be rehersed many

Pa. v.

good

The booke

good remedies, of whiche ye may vse,
according to the qualitie and quantitie
of the grieve: alwaye prouided, that
in this disease, ye maye in no case ap=
plye any repercussiuēs, that is to saye,
set no colde herbes to driue the matter
backe, for it would thā returne again
into the body, and the congelacion of
such a sinowpe member, would perad=
uēture mortifie the hole. And aboue
al, ye may set no plaister to the stones,
wherin humlocke entreth, for it will
deprīue thē for euer of their growing,
& not only thē, but the brestes of wena=
ches, whā they be annointed therewith,
by a certain qualitie, or rather an euil
propertie beynge in it.

A goodly plaister for swelling
of the stones.

Take a quart of good ale woodd and
sette it on the fier to seeth, wyth the
crummes of browne breade stronglye
leuened, and a handfull of cūmyne or
more in powder, make a playster wyth
al this

of chyldren.

at this and sufficient beane flour, and
appte it to the grieve, as hote as may
be suffered.

Another.

Take cowes donge, and seeth it in
mylke, than make a plaister and lay it
metely hote vpon the swellng.

Another.

Take cummine, aniseede, and fenugreke,
of eche a like porcion, seeth the
in ale and stampe them, then temper
them with fresh maye butter, or a litle
oyle of olyue, and appte it to the soze.

Another.

Take camomyl, holihocke, lynesede,
and fenugreke, seeth them in water, &
grynde al together, then make a plaister
with a handfull of beane flour,
and vse it.

Another in the begynnyng.

of the grieve.

If there be much inflammation or
heate in the coddes, ye maye make an
oyntment of plantaine, the whyte and
polke

The booke

poike of an egge, and a porcion of oyle of roses, styre them well about, & applye it to þe grieve twice oꝝ thrise a day.

When the payn is intollerable, and the child of age, oꝝ of strong complexion, if the premisses will not helpe, ye shall make a plaister after this soꝛte.

Take henbane leaues, an handfull and an halfe, mallowe leaues, an handfull, seeth them well in cleare water, then stamp the and stirre them, and with a litle of the broth, beane floure, barley floure, oyle of roses and camomil sufficient, make it up and set on the swelling luke warm. Henbane as Ruicene sayth, is exceeding good to resolute the hardnes of þe stones by a secrete qualitye. Notwithstanding, if it come of wynde, it shalbe better to vse the sayd plaisters þe are made with cymine, for that is of a singuler operaciõ in dissolving wide, as affirmeth Dioscorides writing of the qualities of cymine.

¶ Of sacer ignis oꝝ chingles.

In

of chylidren.

If Greke herisipelas, and of the
Latines Sacer ignis, oure Eng-
lish women call it the fyze of Saine
Anthony, or chingles, it is an inflam-
macion of mebers with exceeding bur-
nyng and rednesse, hard in the feling,
and for the moste parte crepeth aboue
the skynne or but a litle depe within
the fleshe.

It is a greuous paine, & may be likes-
ned to the fyze in consuming. Where-
fore the remedies y are good for bur-
nyng, are also verye hollosme here in
this case. And first the grene oymnt
of herbes discribed in the chapter of
piche, is of good effecte also in this
cure: moreover the medicines that ar
here discribed. Take at the apotheca-
ries of vnguentum Galeni an ounce
and an halfe, oyle of roses two ounces,
vnguenti populeon one ounce, the iuice
of plantain, & nyghtshade one ounce or
more, the whites of thre egges, beate
them altogether, and ye shall haue a
good

The booke
good ointmēt for thesame purpose.

¶ In other.

Take earthwormes and stampe them
in vineger, then annoint the griefe e-
uery two houres.

Item ꝑ dong of a swan, or in lacke of
it, the dong of a gosse stamped with the
whyte and yolke of an egge, is good.

Item doves dong stamped in salet
oyle or other, is a synguler remedy for
thesame purpose.

¶ Of burnyng and scaldyng.

¶ Of burning and scalding whether
it be with fier, water, oyle, leade,
pitch, tyme, or any such infortune: We
must beware ye set no repercussie at
the first, ꝑ is to saye, no medicine of ex-
treime cold, for ꝑ might chaunce to driue
the feruent heat into the sinowes, & so
stoppe ꝑ pores, that it could not issue,
wherof should happen much inconue-
nient in a great burnig (but in smal
it could not be so dangerous:) wher-
fore the best is when ye see a member
eyther

of chyldren.

either bꝛēt oꝛ scalded, as is sayd afoze.
Take a good quantitie of brine, which
is made of water and salt, not to exce-
dyng egger oꝛ stronge, but of a meane
sharpnes, and with a clout oꝛ a sponge
barhe the member in it colde, oꝛ at the
least bloud warm, thꝛe oꝛ four houres
together, the longer the better : For it
shall asswage muche of the peine, open
the poyes, cause also fꝛier to vapour,
and geue a great comfort to the weake
member . The annoint the place with
one of these medicines.

Take oyle of roses one part, swete
creme two partes, hony halfe a parte,
make an oymment and vse it.

Item all the medicines described in
the last chapter, are of great effecte in
this case, likewise the grene oymment
made of water betony.

Item a souerain medicine for bur-
nyng and scaldinge, and all vnkynde
heates, is thus made. Take a dosen oꝛ
more of hard trosted egges, & put the
yolkes

The booke

Polkes in a pot on the fier by the selfe,
without licour, styre them and braise
them with a strong hand, till there a-
rise as it were a froth or spume of oile
to the mouth of the vessel, then presse
the polkes and reserue the licour, this
is called oile of egges: a very precious
thyng in the foresayd cure.

Whoreouer is an oymntment made
of sheepes bounge fried in oyle or in
swynes greace, than putte to it a lytle
ware, and vse it.

Also take quicke lime and washe it in
veriuce. ix. or x. tymes, than mingle it
with oile, & kepe it for thesame entent.

Item the iuyce of the leaues of hyssop
v. partes, and vineger one part, hony
a lytle, maketh an excellent medicine,
not onely for this entent, but for al o-
ther kynd of hote and runnyng vicers.

Note that whatsoeuer ye vse in this
case, it must be laid vnto bloud warm.

Also for auoyding of a scarre kepe the
soze alway moyste with medicine.

of chyldren.
pyng and keping to hote.

Therfoze in the beginning, ye shall annoynt the places with fresh capons greace, then if it will not heale, make an oynment, and lay it on the place.

An oynment for chafyng and gallyng.

Take the roote of the floure deluyce dyed, of redde roses dyed, galingale and mastike, of eche a lyke quantitie, beate them into moste subtile pouder: than with oyle of roses, or of lynesede, make a soft oynment.

Item the longes of a wether dyed, and made in very fyne pouder, healeth al chafenges of the sainne: and in like maner the fragmentes of shomakers lether bzent and cast vpo the place, in as fyne pouder as is possible, hath the same effect, whiche thing is also good for the galling or chafing of the fete, of whatsoeuer cause it commeth.

Item beane floure, barly floure, and the floure of fitches tempered with a

Pa. 10

lytle

The boke
lytle oyle of roses, maketh a soueraine
ointment for the same entent.

If the chafinges be great, it is good
to make a bath of holihocke, dill, vio-
lettes and linsede, with a litle branne,
than to washe the same places oftentimes,
and laye vpon the soze, some of
the same thinges. The decoction of plas-
tayne, bursa pastoris, horsetaile and
knotgrasse, is exceeding good to heale
all chafinges of the skynne.

Of smal pockes & measles.

This disease is comon & familiar,
called of the grekes by the gene-
rall name of exanthemata, and of the
grecians papule et pituite eruptiones, not
withstanding the consent of writers, hath
obtained a distinction of it in .ii. kindes:
that is to say, varioli the measles, and
morbilli, called of vs the small pockes.

They be bothe of one nature, and
proceede of one cause, sayng that the
measles are engendred of the inflama-
tion of bloud, and the small pockes of
the

of chyldren.

the inflammation of bloude myngled
with cholere.

The signes of them both are so manifest to syght, that they nede no farther declaracion, for at the first, some haue an ytche and a frettyng of the skynne as if it hadde bene rubbed with nettels, paine in the head and in the backe, the face redde in colour and flecked, feare in the sleepe, great thirst rednesse of the eyes, beatyng in the temples, hotyng and pryckyng throughal the body, then anone after when they breake out, they be sene of diuers fashions and fourmes, sometimes as it were a dyse scabbe or a leprosy spredying ouer all the members, other whyles in pusshes, pimples and wheles, rennyng with much corruption and matter, and with great payne of the face and throte, drynesse of the tounge, hoarceness of voyce, and in some quivering of the heart with swoownyng.

The causes of these euil affectiōs, are

Pa. ii.

reher-

The boke
reherſed of authours, to be chiefly. iiii.
First of ſuperfluities which might
be corrupt in the wombe of the mother,
the chylde there being, and receiuing
the ſame into the pores, the whiche at
that tyme for debilitie of nature, could
not be expelled, but the child encreſing
afterwarde in ſtrength, bee driuen out
of the veines into the vpper ſkynne.

Secondarily it maye come of a cor-
rupt generacion, that is to ſay, whan
it was engendred in an euill ſeaſon, ſe
mother being ſicke of her natural in-
firmities, for ſuch as are begotten that
tyme very ſeldome eſcape the diſeaſe
of leproſy.

The thirde cauſe may be an euill
diete of the nource, or of the childe it
ſelfe, whan they fede vpon metes that
encreaſe rotten humours, as milke &
ſe the both at one meale, lykewiſe ex-
ceſſe of eating & drinking, & ſurfitte.

Fourthly this diſeaſe cometh by
the waye of contagion, whan a ſicke
perſon

of chyldren.

person infecteth an other, & in þ case he
hath great affinitie with the pestilence.

¶ Remedye.

The best and moske sure helpe in this
case, is not to meddle with anye kynde
of medicinnes, but to let nature worke
her operac[i]o[n], notwithstanding if they
be to slowe in comming out, it shall be
good for you to geue þ chyld to drinke
sodden milke and saffron, and so kepe
hym close & warme, wherby they maye
the soner issue forth, but in no case to
administer any thyng that myght ey-
ther repressse the swelling of the skinne
or to coole the heats that is within þ
members. For if this disease whiche
should be expelled by a naturall acc[i>o[n]
of the bodye, to the long health after-
ward of the patient, were by force of
medicine couched in againe, it were
euen enough to destroy þ chyld. There-
fore abide þ ful breaking out of þ said
wheales, and then (if they be not rype)
ease the chyldes payne by making a

Na. iii,

bath

The boke

bath of holphock, dil, camomyl, & fenel:
if thei be ripe & matter, the take fenel,
wormwood and sage, and seeth them
in water, to the thirde part, wherein ye
maye bathe him with a fyne cloth or a
sponge. Alwaies provided þ he take no
cold during the time of his sickenesse.
The wyne wherein yegges haue bene
sod, is singuler good in thesame case, &
may be wel vsed in all times & causes.

If the wheales be outragious and
great, with much corrosion & benyme,
some make a decoction of roses & plā:
taine, in the water of oke, and dissolue
in it a litle englishe hony & camphore.

The decoction of water betonye, is
approued good in the sayd dysseases.

Likewyse the oymments of herbes
wherof I made mention in the cure
of scabbes, is excedyng holisome after
the sores are ripe.

Moreouer it is good to droppe in the
paciētes eyes. v. or. vi. times a daie, a
litle rose or fenell water, to comforte
the

of chyldzen.

the sight, lest it be hurt by continual r^u
ning of matter. This water must be
ministr'd in y^e sommer cold, & in y^e win
ter ye ought to apply it luke warm.

The same rose water is also good to
gargle in his mouth, if the chyld be
then payned in the throte.

And lest the cōdites of the nose shuld
be stopped, it shalbe very expedient to
let him smel often to a sponge wete in
the iuyce of sauery, strōg vinegar, and
a litle rose water.

To take away the spotted & scarres
of the smal pockes and meales.

The bloud of a bul oz of an hare is
much cōmended of aouthours to be an
ointed hote vpon the scarres, & also h
licour y^e issueth out of shepes claws
oz goates claws, bet in the fier. Item
the dropping of a cignet oz swanne laid
vpon the places oftentimes hote.

¶ Feuers.

If the feuer bse to take the chyld
with a great shakynge, and after
¶ A.iiii. warde

The booke

warde hote, whether it be cotidian or
tercian, it shall be singuler good to
geue it in drinke, the blacke seedes of
peony made in fyne powder, searced &
myngled with a litle suger.

Also take plantain, fetherfewe, & vera-
ucine, and bath the childe in it once or
twyse a daye, bending to the pulces of
the handes and fete a plaister of the
same herbes staped, & prouoke the childe
to sweate afoze the fitte commeth.

Some geue counsell in a hote feuer,
to applye a colde plaister to the breast,
made in this wyse. Take the iurce of
wozmetwood, plantain, mallowes and
housleke, and temper in them as much
barley floure as shall be sufficient, and
vse it. Or thus, and moze better in a
weake patient.

Take dye roses and powder them,
then temper the powder with the iurce
of endiue or purcelane, rose water, and
barley floure, and make a plaister to
the stomake.

Item

of chyldren.

¶ Of hybes.

The hybes of the heeles, are called in latine perniores, they procede of cold, & are healed with þe subscribed remedies. A rape roote roasted with a litle fresh butter, is good for the same griepe. Item a dosen figges, sodden & itamped with a litle goossegrease, is good. Earth wormes sodden in oyle, hath thesame effect.

Item the skinne of a mouse clapped al hote vpon the kibe, with the heare outwarde, and it should not be removed durynge thre dayes.

¶ A plaister for a bled heele.

Take newe butter, oyle of roses, hennegreace, of eche an ounce, put the butter and the greace in a bigge rape rote, or in lacke of it, in a great apple, or onion. & whan it is roasted soft, bray it with the oyle, and lay it plaisterwise vpon the kibe. **¶ Another.**

Take the meate of apples and rapes roasted on the coles, of eche. iiii. ounces,

Wb. i.

fresh

The booke

freſhe butter. ii. ounces, duckes greaſe
oz ſwannes greaſe, an ounce, ſtamp the
al in a mortar of lead if it may be had,
oz els grinde them on a ſayre marble
and ble it.

Of conſumption oz leaneſſe.

¶ If a chylde conſumeth oz waxeth
Wleane without anye cauſe appa-
rant, there is a bath comended of au-
thours, to waſhe ſuch chylde many tymes,
& is made thus. Take the head & ſcote
of a wether, ſceeth the til the bones fall
a ſunder, ble to bath ſuch chylde in this li-
cour, & after annoint him wth this oint-
ment ſollowing. Take butter without
ſalt, oyle of roſes & of violets, of eche
an ounce, the fat of rawe porke, half an
ounce, waxe a quarteron of an ounce,
make an oyntmēt, wherwith the chylde
muſt be rubbed every day twiſe, this
with good fedyng ſhall encreaſe his
ſtrength by the grace of God.

Of gogle eyes.

This impediment is neuer healed
but

of chyldren.

but in a very young childe, even at the beginning, wherunto there is appointed no manner kind of medicine, but only an order of keeping, that is to say, to laye the childe so in his cradelle, that he may beholde direct against the light, and not to turne his eyes on either of bothe sides. If yet he begin to gogle, then set the cradell after such a faurme, that the light may be on the contrary syde: that is, on the same syde from whence he turneth his eyes, so that for desire of light he may direct the to the same part, & so by custome bring them to the due fashion, & in the night, here ought to be a candle set in likewise to cause him to behold upon it, & remove his eyes from the evill custome. Also greene clothes, yelow, or purple, are verie good in this case to be set, as is sayde afore. Furthermoze a coise or a bigger standing one besides his eyes, to constrain the sight to beholde directe forwarde.

¶ Of lyc.

¶ Bb. ii.

¶ Some

The booke

Sometime not only chyldzen but also other ages, are annoyed with lice, thei procede of a corrupt humour & are engendzed within þe skinne, creeping out a liue through þe pores, which if they beginne to swarme in exceeding numbze, that disease is called of the grekes Phthiriasis, whereof Herode dyed, as is writte in the actes of apostles: & among the Romanes Scylla, which was a great tiraunt, and many other haue bene eaten of lice to death. Whiche thing, whā it happeneth of the plague of God, it is past remedy, but if it procedeth of a natural cause, ye may well cure it by the meanes folowynge. fyrst let the paciente abstayne from al kynde of corrupt meates, or þe brede fleume, and among other, fygges and dates, must in this case be vtterly abhorred. Thā make a lanatory to wash and scour the body twise a day, thus. Take water of the sea, or els hyne, & strong lye of ashes, of eche a lyke porcion,

of children.
tion, wormwood a handfull, stretch the
a while, and after washe the body with
thesame lycour.

A goodly medicine for to kyll lice.
Take the grōndes or dregges of oyle,
aloes, wormwood, & the gall of a bull,
or of an ox, make an ointment which
is singular good for thesame purpose.

An other.
Take mustarde, and dissolue it in vi-
negar, with a litle salte peter, and an-
noynt the places, where as the lice are
wont to brede.

Item an herbe at the apothecaries cal-
led Trauesacre, brimstone, and vinegar,
is exceeding good.

It is good to giue the paciēt often in
his drinke, powder of an hartes home
brente.

Strawisacre wth oyle is a maruelouse
holsome thing in this case.

An expert medicine to drine
away lice.

Take the grōndes or dregges of oyle,
Bp. lll. of m

The booke.

in lacke of it, fro the swines greace, a
sufficiēt quantitie, wherein ye shal chase
an ounce of quicksilver, si it be al sōbē
into the grece, thā take powder of stas
nifacre serced, and mingle al together,
make a gyrdill of a wollen liff meete
for the middle of the pacted, & al to an-
noynt it euer with the sayd medicine,
than let him weare it continually nere
his skinne, for it is a singuler remedy
to chase awaye the vermy. The only
odour of quicksilver killeth lye.

These shalbe sufficient to declare at
this tyme in this litle treatise of the
cure of children, which if I may knowe
to be thankefully receyued, I will by
Gods grace, supplie more hereafter:
neither desyre I any lenger to lye,
than I will employ my studies to the
honour of God, and profit of the
weale publike.

Thus endeth the booke of children,
composed by Thomas Phayer,
Rudious in Philosophie &
Physicke.

The contentes of the regiment of lyfe.

Of diseases & remedies of the head.
Payne commyng of choler.
Payne caused of fleume.
Payne caused of melancholye.
Regiment for al headache.
Remedy for headache of al causes.
Of diseases in the face.
To pallie a face incurable.
For rednesse of the face.
For cankers, blisters, & sholme tigers.
For wormes in the face.
A purgacion for the same.
Drete for the same sicknesse.
For the eyes, and to quicken sight.
For payne in the eyes.
For bloudshoten eyes.
For swelling of the eyes.
For soze eyes.
For great payne in the eyes.
For rednesse in the eyes.
For hardnesse in the eyes.

Wb.iiii.

fo 2

The table.

For all rednesse of eyes.
To dyre the eyes.
For webbes in the eyes.
Regiment for diseases in the eyes.
For infirmities of the eares.
For synkyng of the nose.
For nosebleadyng.
Remedy for toothache.
To make teeth whyte.
Remedies for diseases in the breast.
For a hoarce voyce.
For the cough.
For thornesse of wynde.
For asthma.
An oymment for the breath.
Regiment for the same.
Remedies for phthisyke.
For the pleuresye.
For diseases in the rybbes.
Weakenesse of the heart, and the cure.
Swolmyng.
For diseases of the stomake.
For weakenes therof.
For abhoryng of meate.

For

The table.

For belching.
For wyndynesse therof.
For the hicket.
Regiment for hicket.
For vomiting.
To comforte the stomake.
Depur in the stomake.
Remedies for diseases of the liver.
A singular purgacion for cholere.
Other medicines laxatives.
For heate in the liver.
For stopping of the liver.
Remedie for diseases of the galle.
For Jaundies.
For diseases in the splene.
A goodly purgacion for melancholy.
For the blacke Jaundies.
For all oppilacions.
Diseases of the bowels.
For colyke and yliaca passio.
For the wyndic colyke.
A suppositoꝛe.
A purgacion for colyke of flemme.
A glister for al colyke.

Wb. v.

Wayne

The table.

Payne of the raynes, and remedy.
Diete for colike & paine of the reines.
Fluxes of the belly.
Remedy for the fluxe lenteria.
For the fluxe diarrhea and other.
Lectuaries for the fluxe.
For fluxe of all causes.
Diseases of the matrice.
To staunche the fluxe of women.
For strangling of the matrice.
For all paynes of the mother.
Of the stone in the raynes and bladder, with the perfecte cure and diete
for the same.
Of the goutte, with the causes and remedies.

FINIS.

The contentes of the treatise of the pestilence.

In the first part.

A p[re]face of the autho[re].

What is signified by this worde pestilence.

The firste roote or caus[er] superior of the pestilence.

The second roote, superior.

The thirde roote, inferior.

The fourth roote, or cause interior.

Of election of the ayre.

Of eatyng and drynkynge.

Of slepyng and wakyng.

Of exercise.

Of emptines and fulnes.

Of accidentes of the wounde.

Of medicines p[re]servatiues.

A drinke for the pestilence.

A good p[re]servatiue for p[er]sons p[er]s[on]s

A powder for the same. (p[er]s[on]s)

An other singular reme[dy] for rich and

An other soueraigne for the poore

both p[re]servatiue and curatiue.

Di

The table.

Of sweete waters.

Perfumes against the pestilence.

Demandaunders for pestilence.

In the second parte.

Howe to knowe a parson infected.

Of the cure of pestilence by the waye
of diete.

Of the cure of pestilence by the waye of
medicines.

A receipt against the pestilence.

Paracelsus medicine.

A lectuare of great vertue.

An other medicine liquide.

Of lettig blood, betwixen & purgacions.

Of applicatiō of outward medicines.

A plaster to ripe a botche comming
of the pestilence.

An other for the same.

The vse of surgery for hym that hath
no botche.

Of the cure of carbuncles & anthrax.

A good defensive.

A declaratiō of the bristle of beines cō-
uēly to be let blood in the body of man.

Finis.

Imprinted

AT LONDON,

by Ihon kyngston and Hen-

ry Sutton, dwelling in

Paules Church

yarde.

ANNO DOMINI.

1553.